OTTAWA metro®

Thursday, May 31, 2012

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Sears

introducing the baby's room™

only at Sears

new brands

more selection

great prices

save up to 20% on *all nursery furniture & baby gear

SALE PRICES IN EFFECT FRIDAY, JUNE 1 TO THURSDAY, JUNE 14, 2012, while quantities last. *Savings offers exclude items with prices ending in .97 and Peg-Perego® brand

NE061G212 © 2012. Sears Canada Inc.

the baby's room™

For more selection and savings, visit sears.ca

SAVE $50
199.99
SEARS REG. 249.99

DELTA
Eclipse traditional crib. Espresso.

328 465 063
3265063

Shown with *Monkey n Around* bedding set (#17016)

SAVE $75
274.99
SEARS REG. 349.99

STORK CRAFT®
Venetian crib. White.

328 465 071
3265071

Shown with *Jungle Jill* bedding set (#17006)

SAVE $40
189.99
SEARS REG. 229.99

EDDIE BAUER™
Double Up stroller.

328 466 403
3266403

SAVE $50
169.99
SEARS REG. 219.99

GRACO™ SNUGRIDE™
35 car seat.

328 427 149
3227149

Stage 1 rear-facing

SAVE $40
199.99
SEARS REG. 239.99

EDDIE BAUER
Elite Graystone car seat.

328 427 733
3227733

Stage 2 forward-facing

SAVE $40
79.99
SEARS REG. 119.99

EVENFLO
Maestro car seat. #27006

Stage 3 booster seats

Disney baby

WIN A $10,000 RESP

T-fal baby home

Make your kids' dreams come true!

Win a $10,000 RESP or 1 of 2 T-Fal® Prize Packs. Visit sears.ca/RESPcontest for details

No purchase necessary to enter or win. Grand Prize of $10,000 CAD to be used towards a Registered Education Savings Plan. Prize packs approximate retail value is $409.96 each. Contest closes June 30, 2012 at 11:59 p.m. EST. Contest is open to legal residents of Canada who are age of majority or older in their province or territory. Odds of winning depend on number of entries received. Before being declared a winner each selected entrant must correctly answer a time-limited skill-testing question and for the Grand Prize other requirements must be satisfied. Complete Rules and Regulations at sears.ca/RESPcontest.

Sears

Shop by phone **1-800-267-3277** Shop online at **sears.ca**

NE061G312 © 2012. Sears Canada Inc.

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 24

Tribute to CFL beginnings

Ahead of the of 100th showdown of the Grey Cup, league looks back to 'where it all began' PAGE 41

LIVELY NOT IN THE APPROVAL BUSINESS

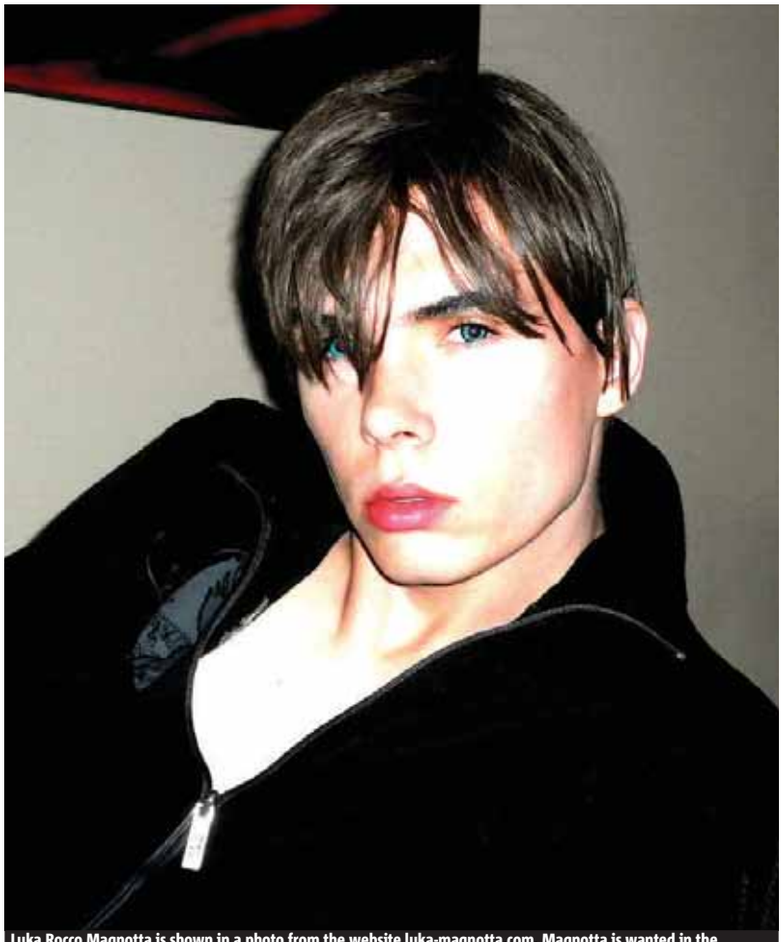
STAR SAYS GOSSIP GIRL DOESN'T REPRESENT HER BEST WORK PAGE 24

OTTAWA metro®

Thursday, May 31, 2012

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa



Luka Rocco Magnotta is shown in a photo from the website luka-magnotta.com. Magnotta is wanted in the shocking case of a dismembered body whose parts were mailed to different places, including the headquarters of the Conservative Party of Canada. WWW.LUKA-MAGNOTTA.COM/HANDOUT/THE CANADIAN PRESS

Porn actor wanted in body parts case

Homicide. Victim may have been stabbed repeatedly with ice pick in videotaped killing

JOE LOFARO
joe.lofaro@metronews.ca

Police are looking for a low-budget-porn star wanted in a shocking homicide that came to light Tuesday when a severed foot was mailed to Tory party headquarters in Ottawa.

On Wednesday, Montreal police issued a Canada-wide arrest warrant for Luka Rocco Magnotta, 29.

He's connected to the discovery of a human torso in Montreal and mailed body parts found in Ottawa Tuesday.

The killing was allegedly captured on video and posted to the Internet, and Montreal police confirmed to Metro Wednesday they are aware of the video and have seized a copy. The case is Montreal's 11th homicide of 2012.

Magnotta, who police say also goes by the name Eric Clinton Newman and Vladimir Romanov, is described as white, five-foot-ten, weighing 134 pounds with blue eyes and black hair.

Following the grisly discovery at the Conservative Party of Canada's headquarters on Albert Street, Ottawa police intercepted a package containing a hand on Tuesday evening at Canada Post's main terminal in Ottawa. That package was destined for the Liberal Party of Canada, Montreal police said.

Both packages were mailed to Ottawa from Montreal, and police believe the body parts all belonged to the same male victim, although they are waiting for the results of DNA tests.

WITH FILES FROM THE CANADIAN PRESS

REACTIONS ONLINE, PAGE 3

BECOME OUR NEXT SCHOOL BUS DRIVER

First Student Canada

www.firststudentcanada.com

FREE TRAINING
CALL TODAY!
613-688-0653

Get yours before June 14

iPhone 4

at $0 will knock your spots off.

iPhone

$0 on a 3 year term with minimum $50 plan/add-on(s).*

$549 no term

Pair it with our Promo Voice and Data Plan, which includes:

- Worry-free Flex Data that automatically adjusts to your data usage
- UNLIMITED nationwide talk with your 10 Favourite Numbers†
- UNLIMITED text, picture and video messaging‡
- UNLIMITED local Early Night and Weekend calling starting at 6pm

Caller ID & Voice Mail NOW INCLUDED

To find out more, visit **telusmobility.com/iPhoneoffer**.

TELUS
the future is friendly®

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

BEST BUY BLACK'S FUTURE SHOP THE MOBILE SHOP Walmart

TELUS STORES & AUTHORIZED DEALERS

Kanata
Kanata Centrum Walk

Nepean
Chapman Mills Marketplace

Orleans
Place D'Orleans
4312 Innes Rd

Ottawa
Bayshore Shopping Centre
Billings Bridge Shopping Centre
Carlingwood Shopping Centre
Ottawa Office Tower
Rideau Shopping Centre
St Laurent Centre
100 Trainyards Dr
424 Catherine St
1255 Coldrey Ave
1333 Michael St
1568 Merivale Road
2160 Montreal Rd
2269 Riverside Dr
2950 Bank St

Stittsville
1300 Main

*iPhone 4 8 GB. Also available in white. Regular 3 year term pricing is $49. †Your ten numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Nationwide talk refers to local and Canadian long distance calls made to or received from your mobile phone and is subject to additional roaming and/or international charges. You may change the ten numbers once per billing cycle by visiting telusmobility.com. ‡Premium messages are not included. An additional 15¢/message charge will apply for each text message or attachment sent to clients outside of Canada and the US. Text messages sent or received while roaming outside of Canada will be charged at 60¢/message. Visit telusmobility.com/text for details. Clients with phones not able to display picture or video messages will receive a text message that includes a web address for viewing. Multimedia messaging used while outside of Canada is charged as data roaming. TELUS, the TELUS logo, the future is friendly and telusmobility.com are trademarks of the TELUS Corporation, used under licence. TM and © 2012 Apple Inc. All rights reserved. YouTube is a trademark of Google, Inc. © 2012 TELUS.

Facebook group reacts to Magnotta investigation

On the web. luka-magnotta.com says model has been subject of false accusations, Internet impersonation

JOE LOFARO
joe.lofaro@metronews.ca

Long before a Canada-wide warrant was issued for Luka Rocco Magnotta, a Facebook group lobbied to have a man by the same name arrested for allegedly killing kittens.

The group "Find the Kitten Vacuumer… For great justice" was created in response to a video that allegedly shows a kitten being killed in a vacuum-sealed bag.

Metro cannot confirm that the videos are connected to Luka Rocco Magnotta. On luka-magnotta.com an article says Magnotta has been the victim of cyber-stalking and untrue accusations.

"Many hoax websites are created using my image and name, posing as me to seem more believable in respect to the type of audience these websites have, I feel I don't need to list them specifically but people need not be told, not to believe what they read and to take it as fact," the posting says.

A member of the kitten group posted a statement on the Facebook page on Wednesday after learning about human body parts found in Ottawa and Montreal.

"Members of this group have spent over a year searching for this individual, who we believe is also responsible for several videos where animals were killed," the statement read.

The statement also urged the public to contact Montreal police with any information on the whereabouts of Magnotta.

Meanwhile, members from around the world expressed anger upon learning about the developments in Montreal.

"Just about makes me sick," one member wrote on the Facebook page.

Before becoming the subject of a Canada-wide arrest warrant in a homicide investigation, Luka Rocco Magnotta was accused of animal cruelty and even of having romantic links to sex killer Karla Homolka — accusations he denied.
THE CANADIAN PRESS/LUKA-MAGNOTTA.COM

'I'm fine,' says staffer who opened package

Police carry a hazmat bag containing a package with a dismembered foot out of Conservative party headquarters in Ottawa on Tuesday.
JOE LOFARO/METRO

A political mastermind behind Stephen Harper's Conservative government made the gruesome discovery of a human foot in a box belonging to a torso found in Montreal.

"I'm fine," Jenni Byrne told the Canadian Press on Wednesday as new details emerged about a crime that has horrified Ottawa.

Byrne had been handed the suspicious-looking package when it arrived at Conservative party headquarters near Parliament Hill on Tuesday morning.

Though it was addressed to the party, Byrne is one of the most senior staffers, having been the national campaign manager for the 2011 general election.

She examined the blood-stained box and as she opened it, a foul odour escaped and overcame the office.

"It was such a horrible odour, I'm sure many of us will not forget it," party spokesman Fred DeLorey said.

Police were immediately called, and, when they opened the package, determined that a foot lay inside.

The disturbing find set off a major investigation that went well into the night as Ottawa police later found a severed hand at the Canada Post mail building in the east end of the city. It was in a package addressed to the Liberal Party of Canada.

Canada Post officials refused repeated requests for comment on the incidents or even information on mail security in Ottawa.

On Parliament Hill, political staffers were keeping a close eye on the mail, rattled by the incident.

THE CANADIAN PRESS

1 NEWS

On the web

Facebook CEO going through money woes?

It's not just Facebook stocks that are going through some tough times these days. CEO Mark Zuckerberg was caught looking dumbfounded on camera after trying without success to withdraw money from an ATM. Watch the clip online at metronews.ca

Mobile news

Computer technicians battling to contain a complex virus last month resorted to the ultimate firewall measures — cutting off Internet links to Iran's oil ministry. Scan the code to read more about what officials did to stamp out the Flame virus

A meeting of cultures at city hall

Dancers Helen Chu, left, and Yue Zhang of the Ottawa Chinese Arts Centre will be among more than 45 performers at this year's Carnival of Cultures, June 8-10 at city hall's Marion Dewar Plaza. This will be the 19th annual edition of the international folkloric festival, which celebrates traditional dance, music, costumes and food from around the world. For more information, check out carnivalofcultures.com.

STEVE COLLINS/METRO

More apps underway as OC Transpo talks with open-data group

Collaboration. City to hear from developers on new iPhone app

GRAHAM LANKTREE
graham.lanktree@metronews.ca

OC Transpo and the city will meet with a self-professed group of hackers Saturday to learn how they can improve OC Transpo's iPhone app launched in April.

"There are a bunch of apps people have made that aren't the city's," said Alex Lougheed, a spokesperson for the group Open Data Ottawa. "We're going to give the city feedback and they will be able to check out the apps and go ahead and produce new versions of their app using some of the things they learn at the meeting."

Lougheed said he's grateful for the support the city has given to Ottawa's app developers by releasing transit data and said they're filling a gap left by OC Transpo since Android smartphone and BlackBerry versions aren't yet available.

Toward the end of the summer OC Transpo will launch its Android version of the app with an HTML5 version for BlackBerry to follow soon after, said Coun. Tim Tierney, who spearheads IT on the transit committee.

"It's nice to have a city full of app developers putting their time into this," he said. "It's always hard to keep up with technology. As a city we have to make sure that our own apps will remain around forever."

Tierney added that now that the data pipeline is open, he'd like to see more apps from the community that take transit data and use it in new ways. "If you take two different sets of data feeds, say, transit data and an event feed, and combine them, it's value added."

Follow Graham Lanktree on Twitter @MetroGraham

New e-agenda tool

Dude, where's my councillor?

A new e-agenda tool that the city took on a trial run Monday promises to cut down on 2.4 million pieces of paper, said Coun. Tim Tierney, chair of the city's IT subcommittee.

The tool will also let citizens track how their councillors vote and whether they attend meetings.

"The question is who's going to be first to market with a 'Where's my councillor?' app," said Tierney, adding the city hopes to launch the app by the end of the summer.

GRAHAM LANKTREE/METRO

PINK UNLIMITED | BARTON PERREIRA | ROBERT MARC | LUNOR | FACE A FACE | L.A. EYEWORKS | GOTTI | ORGREEN

Airwear® Crizal® EC LENSES

LIGHTER
The lightest material used for eyewear lenses

SAFER
Offers strength and UV protection

GREENER
Manufactured with 50% less water consumption

REG. $210
NOW $40

Mid index (1.59) single vision lens
100% UV Protection

With purchase of any in-stock frames

Finished lenses only. Limited parameters. No other discounts apply. Valid prescription or current eyeglasses required. No dispensing fee / 0% taxes on prescription eyewear. Promotion ends June 9th, 2012.

EYE(Z) 101-55 Murray Street
BYWARD MARKET / CORNER OF PARENT
613.241.5799

TURN YOUR DOWNTIME INTO UPTIME.

CENTRE FOR CONTINUING AND ONLINE LEARNING

It's not too late to get a head start on a part-time online program this summer. Take the first step in earning a certificate or diploma in programs like Project Management, Business – Accounting, Social Media, Human Resources, and more.

Don't miss out – register for one (or more) of our many online courses starting June 1, July 3, or August 1!

Visit ***GoAlgonquin.com/headstart*** for a complete list of online courses for summer 2012.

GO FURTHER.
GoAlgonquin.com/headstart
1-888-684-4444

ALGONQUIN COLLEGE

STILL WAXING?

Get SUGARING Sister

It's the Better Way in **Every** Way

Discover our *Secret*

and find out **What a Girls Gotta Know.**

First Time Brazilian $60 Regular Brazilian $50 Bikini $30 & Beyond $35

25%OFF these Prices

when you call and ask about It.

Our *Secret that is!

Offer does not apply to existing discount programs.

Sugaring
Body Waxing
Brow Bar
Facial & Skin Care
Makeup
Hair Bar

SPA JUNKIE

219 LAURIER AVE. W. AT METCALFE WWW. SPAJUNKIE.CA

613-565-4565

CLEAN THE MESS WITH LESS*

NEW & IMPROVED!

Bounty

Trap & Lock Technology™

* Vs. the 11" x 8.8" bargain towel

Available at Walmart

Save money. Live better.

Scouting for business at defence trade show

Securing clientele. Ottawa companies make their mark by exhibiting hi-tech goods at CANSEC

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Showing off new unmanned surveillance technology at the CANSEC defence and security trade show Wednesday, Ottawa's ING Engineering said the show is a boon to local businesses.

"As we're transitioning from work in Afghanistan and moving to more commercial applications," said ING spokesman Lew Lederman, "this conference gives us a better understanding of the marketplace."

The company's ScanEagle helicopter-like drone developed by Boeing was recently launched on the HMCS Charlottetown, he said, but new interest in unmanned avionics is now coming from Canadian police forces. Ontario Provincial Police and Regina police recently purchased a few of ING's search and rescue Scout technology.

"The Scout is a great way for searching for a child lost in the woods," said Aaron Stiles, of ING. From 150 feet up, police can use the four-propeller hovering drone to search the ground with thermal and infrared cameras.

"There are probably 10,000 employees at Ottawa companies involved in the security and defence sector," said Tim Page, president of the Canadian Association of Defence and Security Industries, adding that with 10,000 registered visitors this year's conference is the city's biggest yet.

Representatives from Kuwait, Israel, Germany, France, the United States and Denmark all attended the trade show.

"For Ottawa companies that exhibit here, it's a great way to be known and get out there," he said, noting Ottawa's industry players produce about $1 billion in revenue annually.

Lederman said ING is looking next to use its unmanned technology in Canada's north.

"We're excited about getting young Inuit trained up to deploy them to count caribou, monitor ice floes and track pollution," he said. "It's a great and cheap way to exhibit sovereignty and further Canada's Arctic policy.

Follow Graham Lanktree on Twitter @MetroGraham

Ottawa's ING Engineering show off their Scout surveillance robot outside the CANSEC defence and security trade show. GRAHAM LANKTREE/METRO

Quoted

"As we're transitioning from work in Afghanistan and moving to more commercial applications, this conference gives us a better understanding of the marketplace."

ING spokesman Lew Lederman

Second incident

Police investigate stabbing on Donald Street

Ottawa police are investigating after a 52-year-old man was stabbed in the torso near Overbrook early Wednesday morning.

Police received a 911 call at around 1:55 a.m. and responded to the 1,200 block of Donald Street.

Paramedics provided intravenous fluids and trauma dressings while the man was sent to hospital, police said. Upon arrival at hospital, the man was upgraded from serious to stable condition.

An 18-year-old man was stabbed in the same block on Donald Street two weeks ago following an altercation with two groups of young adults.

JOE LOFARO/METRO

Westward bound

Mayor's press secretary leaving

Bruce Graham, Mayor Jim Watson's press secretary, is leaving his post in Ottawa this summer to study law in Calgary.

"He has brought an amazing mix of creativity, work ethic, integrity and professionalism to the Mayor's Office and he will be sorely missed," read a statement from the city. Graham's last day in Ottawa will be Aug. 3.

JOE LOFARO/METRO

ByWard Market

Police seize drugs, money during traffic stop

Ottawa police said they seized 9,327 grams of marijuana and $71,000 of Canadian money from a man's vehicle in the ByWard Market Monday evening during a traffic stop. The vehicle ran a red light, police said, and when they stopped it, "physical evidence" and the man's behaviour prompted further investigation. Police said the marijuana they seized from the vehicle has an estimated street value of $140,000.

Jean Rompre, 31, of Gatineau was charged with possession for the purpose of trafficking and possession of the proceeds of crime.

JOE LOFARO/METRO

Gold and Silver Coins Selling for Highest Prices in Over 30 Years

Due to Weak Economy and It's Happening Right Here in Nepean/Ottawa West!

By DAVID MORGAN
STAFF WRITER

ICC will be placing ads in newspapers, radio and running television spots this week asking people to bring in any old silver and gold coins made before 1968 and U.S. coins made before 1970. Those that bring in their coins will be able to speak with collectors one on one and have their coins looked at by a specialist. With the help of these ICC members, offers will be made to those that have coins made before 1968. Offers will be made based on silver or gold content and the rarity of the coins. All coins made before 1968 will be examined and purchased including gold coins, silver coins, silver dollars, all types of nickels and pennies. Those that decide to sell their coins will be paid on the spot.

If you are like a lot of people you might have a few old coins or even a coffee can full lying around. If you have ever wondered what they are worth now might be your chance to find out and even sell them if you choose. They could be worth a lot according to the International Coin Collectors also known as ICC. Collectors will pay a fortune for some coins and currency for their collections. If it is rare enough, one coin could be worth over $100,000 according to Eric Helms, coin collector and ICC member. One ultra rare dime, an 1894S Barber, sold for a record $1.9 million to a collector in July of 2007. While that is an extreme example, many rare and valuable coins are stashed away in dresser drawers or lock boxes around the country. The ICC and its collector members have organized a traveling event in search of all types of coins and currency. Even common coins can be worth a significant amount due to the high price of silver and gold, says Helms. Washington quarters and Roosevelt dimes can be worth many times their face value. Recent silver markets have driven the price up on common coins made of silver. Helms explains that all U.S. half dollars, quarters and dimes made before 1970 contain 90% silver and are sought after any time silver prices rise. Right now it's a sellers market he said.

The rarest coins these collectors are looking for include $20, $10, $5 and $2 1/2 gold coins and any coin made before 1850. These coins always bring big premiums according to the ICC. Silver dollars are also very sought after nowadays.

Other types of items the ICC will be purchasing during this event include U.S. currency, gold bullion, investment gold, silver bars, silver rounds, proof sets, etc. Even foreign coins are sought after and will be purchased.

Also at this event anyone can sell their gold jewellery, dental gold or anything made of gold on the spot. Gold is currently trading at record high prices. Bring anything you think might be gold and the collectors will examine, test and price it for free. If you decide to sell, you will be paid on the spot – it has been an unknown fact that coin dealers have always paid more for jewellery and scrap gold than other jewelers and pawn brokers.

So whether you have one coin you think might be valuable or a large collection you recently inherited, you can talk to these collectors for free. If your're lucky you may have a rarity worth thousands. Either way there is nothing to lose and it sounds like fun!

What We Buy:

COINS
Any and all coins made before 1968, U.S. coins made before 1970, rare coins, entire collections, Silver Dollars, Half Dollars, Quarters, Dimes, Half Dimes, Nickels, Three Cent Pieces, Two Cent Pieces, Cents, Large Cents, Half Cents and all others.

PAPER MONEY
All denominations made before 1934.

GOLD COINS
Including $20, $10, $5, $4, $3, $2.5, $1, Private Gold, Gold Bars, etc.

INVESTMENT GOLD
Kruggerands, Canadian Maple Leafs, Pandas, Gold Bars, U.S. Eagles and Buffalos, etc.

GOLD
IS TRADING AT ALL TIME HIGHS
NOW IS THE TIME TO CASH IN!

SCRAP GOLD
Broken and unused jewellery, dental gold.

JEWELLERY
Diamond rings, bracelets, earrings, loose diamonds, all gem stones, etc.

PLATINUM
Anything made of platinum.

SILVER
Flatware, tea sets, goblets, jewellery, etc. and anyt marked sterling.

INTERNATIONAL
COIN COLLECTORS

Here's How It Works:

- Gather items of interest from your attic, safe deposit box, garage, basement, etc. There is no limit to the amount of items you can bring
- No appointment necessary
- If interested in selling, we will consult our collector's database to see if a buyer exists. 90% of all items have offers in our database
- The offer is made on the spot on behalf of our collectors making the offer
- If you decide to accept the offer, we will pay you on the spot!
- You get 100% of the offer with no hidden fees

FREE
ADMISSION
CONTINUES IN NEPEAN/OTTAWA WEST
EVERY DAY
WEDNESDAY - SUNDAY
MAY 30TH - JUNE 3RD
W-SAT 9AM-6PM
SUN 9AM-4PM
DAYS INN OTTAWA WEST
350 MOODIE DR.
NEPEAN/OTTAWA WEST, ON K2H 8G3
DIRECTIONS: (613) 726-1717
SHOW INFO: (217) 787-7767

Dr. Bernard Thebaud will join the Sprott Centre for Stem Cell Research this fall to develop new stem cell therapies for premature babies and create clinical trials. GRAHAM LANKTREE/METRO

Stem cell therapy will help preemies breathe: Scientist

Trials. Top researcher plans to develop treatments for premature baby's lungs with clinical trials for 10 to 20 patients within five years

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Half of premature babies develop chronic lung disease, yet Dr. Bernard Thebaud believes their undeveloped lungs can be given a second chance with stem cell therapies created here in Ottawa.

"There's a structure in Ottawa to help that dream come true," said Dr. Thebaud, a renowned stem cell research scientist, Wednesday following an announcement that this fall he will join the city's Sprott Centre for Stem Cell Research.

"Since it opened in 2006, the centre has become internationally recognized," Dr. Thebaud added. And within five years he plans to harness its resources to develop treatments for premature baby's lungs and launch clinical trials for 10 to 20 patients.

Most premature babies are kept on respirators and given oxygen to keep them alive, but these treatments damage their lungs and there is presently no cure, he said.

Testimonial

"Dr. Thebaud is without a doubt a world-leader in stem cell research and as a clinician-scientist he is ideally positioned to develop and test new therapies for patients."

Stem cell researcher Dr. Duncan Stewart, CEO and scientific director at the Ottawa Hospital Research Institute

Researcher's path

- **Last decade.** For the last 10 years Dr. Thebaud has worked in Alberta, where he led a team of researchers who demonstrated that the stem cell treatment works in animals.
- **Next steps.** When he comes to Ottawa he will become a senior scientist at the OHRI, a pediatrician at the Children's Hospital of Eastern Ontario and The Ottawa Hospital, and a professor in the faculty of medicine at the University of Ottawa.

Follow Graham Lanktree on Twitter @MetroGraham

Weight Loss Simplified!

FEEL GREAT • LOOK EVEN BETTER

Step 1 - DietSTART is a 14 day program that helps to accelerate weight loss. It contains ingredients that will burn fat and increase lean muscle mass. Take for 14 days, then take SIMPLY TRIM until you reach your weight loss goal.

Step 2 - SIMPLY TRIM contains 200mg of decaffeinated green coffee bean extract which have been proven to help you burn fat, balance blood sugar, and increase lean muscle mass – all leading to steady weight loss and a better shape. Take SIMPLY TRIM daily until you reach your weight loss goal.

Optional - FitSMART Shakes are a smart addition to any day. They contain 20 grams of high quality whey protein, 10 grams of prebiotic fibre and 22 vitamins, minerals and enzymes in every shake.

LOSE 10LBS... 20LBS... OR MORE!

DietSTART & SIMPLY TRIM contain 200mg of decaffeinated green coffee bean extract as seen on the Dr. Oz show!

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

$2 Off Receive $2 Off Your Next Purchase Of Any Renew Life Product*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires June 30th, 2012.

comwave
Home Phone

Home Phone
All Features FREE

- Keep your existing phone number
- Unlimited calling to almost 60 countries

Unlimited Global **$29.95/Month**

Now includes
Unlimited Calling to Pakistan & India

LIMITED TIME OFFER
6 MONTHS FREE
Your Satisfaction is Guaranteed or You Pay Nothing!

613-216-6096

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE
Ranked #1 Home Phone Service
Consumer Choice Award

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut & NT, Alaska and Hawaii. The 6 Month Free Promotion is based on a 1YR term and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 months free for a total of 6 months free. Comwave's residential plans and features are to be used for residential, non-commercial use. A combination of factors is used to determine abnormal use. Unlimited usage is subject to our reasonable usage policy and terms of service. Terms and conditions apply, see www.comwave.ca for details.

RELAY FOR LIFE
RELAIS POUR LA VIE
Canadian Cancer Society
Société canadienne du cancer

Survivors, come celebrate!

Survivants, venez célébrer!

Ottawa Centre
Carleton University
June 8-9, 2012
7 p.m. – 7 a.m.

Ottawa Centre
l'Université Carleton
8-9 juin 2012
19 h à 7 h

Ottawa East
Millennium Park
June 15-16, 2012
7 p.m. – 7 a.m.

Ottawa Est
Parc Millennium, Orléans
15-16 juin 2012
19 h à 7 h

Ottawa West
Walter Baker Park
June 15-16, 2012
7 p.m. – 7 a.m.

Ottawa Ouest
Parc Walter Baker, Kanata
15-16 juin 2012
19 h à 7 h

Register online at **relayforlife.ca** or (613) 723-1744 ext. 3625

Inscription en ligne à **relaispourlavie.ca** ou (613) 723-1744 ext. 3625

mbna

Celebrate Sponsor / Commanditaire Célébrer

ALAVIDA LIFESTYLES

Fight Back Sponsor / Commanditaires de la lutte

metro HOT 89.9

OTTAWAKIOSK.COM DIRECTORY · EVENTS · CONTESTS CTV

Media Sponsors/ Commanditaires médiatiques de l'événement

Martin Short plays it cool after Kathie Lee's on-air gaffe

A comedy of errors. Today Show host asks Canadian comedian how his dead wife is doing, then tweets embarrassing apology.

Kathie Lee Gifford
EVAN AGOSTINI/THE ASSOCIATED PRESS

Wednesday was an embarrassing day for Kathie Lee Gifford.

In what could very well be the gaffe of the year, Gifford made a humiliating mistake during an interview with actor Martin Short on The Today Show.

Then, she directed her apology to the wrong Martin Short.

During an interview with Short in the morning, Gifford led into what appeared to be an unscripted conversation with him by telling viewers that he has one of the happiest and best marriages in show biz. She went on to ask him, "How many years has it been for you guys?"

Short answered that he and his wife have been married for 36 years. Kathie Lee then playfully teased Short about how he and his wife are still in love and asked, "Why?"

Seems like a charming conversation when you leave out one glaring, elephant-in-the-room factor: Martin Short's wife, Nancy Dolman, died of ovarian cancer in 2010.

You wouldn't know it was a touchy subject by watching Short's composure during the awkward line of questioning. He answered with poise and handled it like a true professional without correcting Kathie Lee and making things even more awkward than they already were.

Once Gifford was alerted to her embarrassing error, she took to Twitter to clear the air, tweeting, "I send my sincerest apologies to @MartinShort and his family. He handled situation w/enormous grace and kindness and I'm so grateful."

The only problem with that, is @MartinShort is an account with only 81 followers and a history of just one obscure tweet from 2009. Since Martin Short has stated he has no interest in joining Twitter, we're assuming that @MartinShort is not his account.

We're sure Kathie Lee meant her apology, but we'd be quicker to forgive if it had been directed to the correct Martin Short. **METRO WORLD NEWS**

Three-beaked baby bird found in backyard

A Northampton, Mass., woman made an unusual discovery in her yard — a deformed baby cardinal with two heads and three beaks. April Britt tells the Daily Hampshire Gazette the bird apparently couldn't eat without assistance from the adult birds. A scientist for the Massachusetts Audubon Society says animals with such abnormalities rarely survive birth, and added the deformities could have been caused by genetic or environmental factors. APRIL BRITT|THE DAILY HAMPTON GAZETTE

Dublin tribute concert

Bono, Amnesty International to honour Myanmar opposition leader

Bono will present Myanmar opposition leader Aung San Suu Kyi with Amnesty International's highest honour when she visits Dublin next month as part of her first international tour in 24 years, the U2 singer and other organizers of an Irish tribute concert announced Wednesday.

Aung San Suu Kyi waves to a crowd in Thailand on Wednesday.
WASON WANICHAKORN/THE ASSOCIATED PRESS

Suu Kyi is scheduled to visit Dublin on June 18, a day after collecting her Nobel Peace Prize in Oslo, Norway.

Suu Kyi was awarded the Nobel in 1991, and Amnesty's Ambassador of Conscience award in 2009.

She was unable to claim either award in person until now because she was under house arrest for 15 of the past 24 years and, even when free, afraid to leave Myanmar in case the country's military junta barred her return.

Bono devoted a series of U2's 2009 concerts to Suu Kyi, demanding her release from house arrest.

THE ASSOCIATED PRESS

Anders Behring Breivik has his handcuffs removed in an Oslo courtroom on Wednesday.
HAAKON MOSVOLD LARSEN/THE ASSOCIATED PRESS

Mass killer in Norway acted alone: Police

Knights Templar. Breivik says he was a resistance fighter in a Europe-wide militant group, but no evidence has been found to support his claims

Norwegian police said Wednesday they are confident that confessed mass killer Anders Behring Breivik acted on his own in terror attacks last year that killed 77 people and that they found no evidence he belonged to a Europe-wide anti-Muslim network.

Breivik insisted a militant group "Knights Templar" exists and repeated a warning that it would attack within 15 months.

"It will be proved within a year and three months because then a new attack will come," he told the Oslo District Court. He did not elaborate.

The 33-year-old extremist, who has made similar threats before, has confessed to the killings but denies criminal guilt, saying the victims had betrayed their country by embracing immigration.

Five officers who testified at Breivik's murder trial said they found no proof of anyone being complicit in his plans or helping him in any way in the bomb attack in central Oslo that killed eight people and the subsequent shooting spree that left 69 dead at a Labor Party youth retreat on Utoya island.

Chief investigator Kenneth Wilberg told the court that police were sure of their findings and that they also found no proof Breivik belonged to Knights Templar, as claimed by the killer. THE ASSOCIATED PRESS

Quoted

"Nothing in our investigation supports that Knights Templar exists."
Kenneth Wilberg, chief investigator

Air France

Report to shed light on crash

French investigators say the report into the causes of the Air France flight 447 crash will soon be published, three years after the jet went down in the mid-Atlantic killing all 228 people aboard. THE ASSOCIATED PRESS

U.S. election scandal

Jury still out in Edwards trial

The jury in the John Edwards campaign finance corruption trial faced its eighth day of deliberations. THE ASSOCIATED PRESS

Webcam spy case. Man to start jail term while appealing sentence

A day after apologizing for the first time, an Indian-born man convicted of using a webcam to spy on his gay university roommate gave up his right to remain free Wednesday, while prosecutors appeal his 30-day jail sentence and ask for harsher punishment.

The case of Dharun Ravi focused national attention on the treatment of young gays and lesbians in the U.S. after the roommate, Tyler Clementi, killed himself when he learned about the spying.
THE ASSOCIATED PRESS

Dharun Ravi during a hearing in New Brunswick, N.J., Wednesday.
GEOFF MULVIHILL/THE ASSOCIATED PRESS

HUMBER
The Business School

HOW WILL NGOs BREAK WITH LONG-HELD TRADITIONS TO ASSUME A NEW ROLE?

SHIFTING GEARS

AN ESSENTIAL 2-DAY HUMBER/IPAC SYMPOSIUM

High-level discussion of forces for change, implications for international development organizations and an overview of the transformation processes being employed by international development organizations in Canada and internationally.

Featuring well-known speakers and panelists from Canada and abroad.

Focus on changing business models, establishing and managing partnerships and collaboration, adopting modern management techniques, and facilitating organizational culture change.

JUNE 14 • 15 2012

Be part of innovative change.
Register online, or call us at:
416.675.6622 x 3800

International Development Institute
IPAC The Institute of Public Administration of Canada
IAPC L'Institut d'administration publique du Canada

business.humber.ca/idisymposium

Foie gras frenzy makes Calif. protesters choke

State ban looms. Ducks are force-fed to create a dining delicacy — and chefs can barely keep up with the high demand

Mouth-watering or just plain cruel? Foie gras shown here has been torched and made into a brulée at Sent Sovi restaurant in Saratoga, Calif.
MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

This is not a good time to be a duck with a fatty liver in California.

Chefs are loading their high-end menus with duck liver: terrine de foie gras, seared foie gras with mango chutney, foie gras salad and sweet foie gras for dessert.

And they are keeping secret the locations of their multi-course dinners to avoid animal-cruelty protesters.

The reason for the fuss? A July 1 ban on the production and sale of foie gras is looming in California.

Demand for the delicacy — created by force-feeding ducks through funnel-like tubes — has never been higher.

"The price has doubled. People are finding it hard to get it because the demand is so high," said Tracy Lee of the San Jose-based travelling dining service Dishcrawl, which has organized 15 secret, sold-out foie gras dinners.

Meanwhile, protesters in San Francisco and Los Angeles are staking out restaurants.

"Many people don't know what foie gras is or how it's produced and they're horrified when we tell them," said Dana Portnoy, who organizes San Francisco-area protests.

To the oohs and aaahs of about 30 diners, chef Josiah Slone hosted a seven-course foie gras feast at his Sent Sovi restaurant in Saratoga.

He started with arugula with foie gras vinaigrette, moved to foie gras mousse with tartufata and English peas and seared foie gras with savory rhubarb pie. For dessert: foie, peanut butter and chocolate.

Foie gras is made from liver swollen to 10 times its normal size. Ducks' livers become so engorged by the feeding process called "gavage" that the birds can't walk and have trouble breathing.

Gavage has been outlawed in a dozen countries including Israel, the Czech Republic, Denmark, Finland, Switzerland and the U.K.

THE ASSOCIATED PRESS

Irony on the menu?

"High-end foodies and chefs stuffing down their throats excessive amounts of fatty liver from force-fed ducks in the run-up to the ban paints a pretty ironic picture."

Jennifer Fearing, of the Humane Society of the United States

You can tell they're lovers

A worker approaches the legs of the statue called Unconditional Surrender as the artwork is dismantled from its spot alongside the USS Midway aircraft carrier museum on Wednesday in San Diego. Though the current version of the statue is being removed, the famous depiction of two navy sweethearts kissing on the San Diego waterfront will be replaced by a version in bronze. GREGORY BULL/THE ASSOCIATED PRESS

Japanese produce first radiation-monitoring phone

Technology. Softbank president says he was responding to concerns sent to the company after meltdowns at the Fukushima power plant

Worries over radiation are so rampant in Japan after last year's nuclear meltdowns that the world's first cellphones with built-in radiation monitors are going on sale.

Softbank Corp., the carrier for the hit iPhone and iPad in Japan, says the Pantone 5 mobile device, which shows the microsieverts-per-hour number on a display at a push of a button, will go on sale in July. Pricing was not announced.

The tsunami last March in northeastern Japan set off meltdowns and explosions at Fukushima Dai-ichi nuclear plant.

The Pantone 5 mobile device.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Areas near the plant are a no-go zone. But "hotspots" have popped up in many places, including Tokyo. Many Japanese are worried, especially families with children.

Softbank president Masayoshi Son publicly opposes nuclear power after the disaster, and is an aggressive proponent of solar and other renewable energy. He said he was responding to concerns sent into the company, including requests on Twitter.

The device by Japanese electronics maker Sharp Corp. works like a dosimeter. It measures the radiation in one's surroundings, such as on the ground or in the air, in two minutes. It does not measure radiation in food or water.

People in parts of Fukushima are still being exposed to radiation higher than the one millisievert a year set as safe by Japan before the disaster. Studies have found that cancer risks rise at an annual exposure of 100 millsieverts or above. THE ASSOCIATED PRESS

It's Venus, as a little spot on the sun

A tiny dot of the planet Venus is seen on the northwest side of the Sun's disc as viewed in Manila, Philippines, on a rare astronomical occasion in this 2004 file photo. On June 5, Venus will pass across the face of the sun, producing a silhouette that no one alive today will likely see again. Transits of Venus are very rare, coming in pairs separated by more than a hundred years. This June's transit, the bookend of a 2004-2012 pair, won't be repeated until the year 2117. Fortunately, the event is widely visible. Observers on seven continents, even a sliver of Antarctica, will be in position to see it.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Russia

Chess champ retains title

World chess champion Viswanathan Anand of India has retained his title, beating Israeli challenger Boris Gelfand 2.5-1.5 in a rapid tiebreaker round of four games.

THE ASSOCIATED PRESS

Final rest

Everest climber's ashes brought back

The husband of a Canadian woman who died hours after reaching the summit of Mount Everest says his wife will be officially laid to rest in the country she called home. THE CANADIAN PRESS

Cellphone pics

Man faces voyeurism charge

A man is facing a voyeurism charge after police allege a cellphone was used to photograph up women's skirts at a subway station in Toronto.

THE CANADIAN PRESS

Heart&Stroke
ULTIMATE 25's LOTTERY
YOU'LL FLIP FOR THE WINNINGS
TICKETS ONLY $25
EARLY BIRD DEADLINE
ONLY 1 WEEK LEFT!
LIMITED TICKETS!
EARLY BIRD PRIZE
$200,000 CASH
DEADLINE JUNE 7, 2012
25 GRAND PRIZES OF $200,000
25 CARS
OR TAKE THE CASH
25 TRIPS
OR TAKE THE CASH
25,000 MORE PRIZES
LOTS MORE PRIZES
1 Ticket for $25
5 Tickets for $100
15 Tickets for $250
BEST DEAL!
Phone: 1-855-946-2525 Ext. 700
Online: www.heartandstroke.ca/lottery
HEART&STROKE FOUNDATION OF ONTARIO
100% OF NET PROCEEDS SUPPORT HEART AND STROKE FOUNDATION RESEARCH THAT SAVES LIVES
THANK YOU TO OUR PARTNERS:
BROCHURES AVAILABLE AT SCOTIABANK.
ST. CLAIR
Sunquest
CRAIG TRAVEL
Scotiabank
††Please refer to our brochure or web site www.heartandstroke.ca/lottery for complete Heart&Stroke Ultimate 25's Lottery rules. 1,310,000 tickets are available. Purchaser(s) and Primary Ticket Holder(s) must be at least 18 years of age and live in Ontario. 25,103 prizes at a value of $7,139,072 (including all taxes and freight), will be awarded. All prizes must be accepted as awarded. Early Bird Sales Deadline is June 7, 2012. Final Sales Deadline is June 12, 2012. Major Winners will be published in the Toronto Star on July 23, 2012. A complete list of winners will be available on our web site and at local Heart and Stroke Foundation offices. ™Heart&Stroke Ultimate 25's Lottery and Heart & Stroke Foundation of Ontario are trademarks of the Heart and Stroke Foundation of Canada. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 4621

Burnaby. Man suspected in double murder killed in police shootout

An armed man suspected in a double murder and an attempted murder in Burnaby, B.C., has been killed in a shootout with police.

RCMP caught up with 26-year-old Angus David Mitchell in Maple Ridge on Wednesday, about three hours after issuing a public warning about him.

Supt. Dave Walsh said Mitchell was shot in a confrontation with emergency response team officers in a rural area.

Police were called after reports that someone had seen a van believed to be owned by Mitchell.

RCMP said he was a suspect in the deaths of a man and woman who'd been gunned down in a restaurant on Sunday and in the shooting and wounding of his former landlord on Tuesday.

Police said Mitchell had been evicted from his home six months ago, around the time he came to legally possess a hunting rifle.

Sgt. Jennifer Pound of the Integrated Homicide Investigation Team couldn't say if there was a relationship between Mitchell and the two people who were gunned down in the restaurant. Pound said there are several factors that appear to link the two crimes, including a similar weapon, but forensics experts need to confirm that.

Angus David Mitchell
THE CANADIAN PRESS/HANDOUT

Insp. Tim Shields said Mitchell wasn't known to police, although officers had once been called to a complaint involving him. Mitchell also had some conflict with former employers and co-workers, and Shields said police warned them Wednesday morning to be on the lookout for the armed and unstable man. **THE CANADIAN PRESS**

Drawing on a sense of humour

Jim Unger, the artist behind the syndicated cartoon strip Herman, has died at 75. Friend and fellow cartoonist Adrian Raeside says Unger had been feeling unwell for some time and died in his sleep at his home in Saanich, B.C. Born in London, England, Unger immigrated in 1968 to Canada, where his cartooning career began at the Mississauga Times in Mississauga, Ont. Herman became a syndicated cartoon in 1974, eventually appearing in newspapers around the world. Unger twice won the National Cartoonist Society's award for best syndicated panel. THE CANADIAN PRESS

Downpour

Artworks damaged in Montreal storm

Hundreds of works of rare art have been damaged at Montreal's museum of contemporary art by heavy rains that flooded buildings and overwhelmed the city's aging infrastructure on Tuesday. **THE CANADIAN PRESS**

Departure

Calgary Tory MP steps down

Calgary MP Lee Richardson, whose political connections to Ottawa extend back four decades, is quitting the House of Commons to work as Alberta Premier Alison Redford's primary secretary. **THE CANADIAN PRESS**

Discussions

Quebec tuition cut proposal rejected

An offer to cut Quebec's proposed tuition fee increase by $35 was dismissed unanimously in talks Tuesday night, said two of the heads of student groups involved in the talks. **THE CANADIAN PRESS**

METRO CUSTOM PUBLISHING WORLD NO TOBACCO DAY

HELP FOR CANADIANS CRAVING TO QUIT ON WORLD NO TOBACCO DAY!

MAY 31, 2012 IS WORLD NO TOBACCO DAY

With approximately 4.7-million smokers in Canada, successfully quitting smoking could be one step closer for the 91% of smokers who would like to quit. The biggest challenge can be controlling those nagging cravings but with the new NICORETTE® QuickMist™ Mouthspray, craving relief is just 60 seconds away — faster than ever before.

TAKE CONTROL OF YOUR CRAVINGS IN 60 SECONDS

On average it takes between five to seven attempts to successfully quit, yet NICORETTE® QuickMist™ Mouthspray, featuring 60-second craving relief, is proven to double the chances of successfully quitting compared to willpower alone. Suitable for both heavy and light smokers, the small, sleek design makes it easy to carry discreetly in your pocket or handbag. Wherever or whenever you are tempted to have a cigarette, NICORETTE® QuickMist™ Mouthspray lets you take control of your cravings and makes the goal of a smoke-free life — even if it's one cigarette at a time — much more achievable.

HOW DOES IT WORK?

When you stop smoking, your body misses the nicotine from cigarettes, which may cause you to experience unpleasant cravings. When you spray NICORETTE® QuickMist™ Mouthspray into your mouth, nicotine passes quickly into your body relieving your cravings and reducing your desire to smoke.

WHY IS 'FAST' RELIEF IMPORTANT?

Nicotine cravings can ambush you anytime, anywhere and in any situation, making it difficult to overcome them through willpower alone. Sometimes you need a little extra help to overcome cravings, and tackling them as quickly as possible can help keep you in control and feeling more confident about quitting successfully.

NICORETTE® QuickMist™ Mouthspray is available in a freshmint flavour across Canada. Contains nicotine. Requires willpower. Always read the label. A stop smoking aid.

nicorette

TOP TIPS TO CUT DOWN AND QUIT

VISUALIZE YOURSELF AS A NON-SMOKER

Rather than focusing on the quit-journey itself, think about the person you want to become by quitting smoking.

ACCEPT YOUR CRAVINGS AND LET THEM GO

Cravings are a normal part of the quit-smoking journey and sometimes a setback can happen. Rather than feeling angry if you have a cigarette, learn from each experience. Being aware of your triggers will help you on your next attempt!

TAKE IT ONE STEP AT A TIME

If you do not feel like you can stop smoking immediately, you can use QuickMist™ to help reduce the number of cigarettes you have. Gradually, you can extend the periods between cigarettes and reduce one cigarette at a time.

For more tips and support from an online community, visit www.facebook.com/smoberup

Pope says he's saddened, grateful amid scandal

Leak. Comments come after pope's documents were found in his butler's apartment

Pope Benedict XVI broke his silence Wednesday over the leaked-documents scandal that has convulsed the Vatican, saying he was saddened by the betrayal but grateful to those aides who work faithfully and in silence to help him do his job.

Benedict made his first direct comments on the scandal in off-the-cuff remarks at the end of his weekly general audience. He lashed out at some of the media reports about the scandal, saying the "exaggerated" and "gratuitous" rumours had offered a false image of the Holy See.

The Italian media have been in a frenzy ever since the pope's butler, Paolo Gabriele, was arrested last week after Vatican investigators discovered papal documents in his apartment. THE ASSOCIATED PRESS

Difficult to explain

- **The motivations for the leaks remain unclear.** Some commentators say they appear designed to discredit Benedict's No. 2, the Vatican secretary of state, Cardinal Tarcisio Bertone. Others say they're aimed at undermining the Vatican's efforts to become more financially transparent. Still others say they aim to show the 85-year-old Benedict's weakness in running the church.

Pope Benedict XVI gives his blessing Wednesday. THE ASSOCIATED PRESS

WikiLeaks. Assange loses extradition case

Britain's Supreme Court has endorsed the extradition of WikiLeaks chief Julian Assange to Sweden, an important turning point in the Internet activist's controversial career.

Assange, 40, has spent the better part of two years fighting attempts to send him to the Scandinavian nation, where he is accused of sex crimes. The U.K. end of that struggle appeared to come to a messy conclusion Wednesday, with the nation's highest court ruling five to two that the warrant seeking his arrest was properly issued — and Assange's lawyer arguing that the case should be reopened.

Supreme Court president Nicholas Phillips, speaking for the majority, acknowledged that Assange's case "has not been simple to resolve," but that the court had concluded that "the request for Mr. Assange's extradition has been lawfully made and his appeal against extradition is accordingly dismissed."

Assange won't be extradited immediately no matter what happens. His lawyer, Dinah Rose, stood up after the verdict to say that the decision was based on evidence that was not argued during the appeal and requested time to study the verdict further with an eye toward trying to reopen the case.

Julian Assange THE ASSOCIATED PRESS

Phillips said he would give Rose two weeks to make her move.

Even if the Supreme Court refuses to reopen the case, Assange could appeal to the European Court of Human Rights, although extraction experts have said that route wasn't likely to block his removal to Sweden in the long run. THE ASSOCIATED PRESS

Thailand censorship

Webmaster gets 8-month suspended sentence for not removing comments

A court sentenced a Thai webmaster Wednesday to an eight-month suspended sentence for not moving quickly enough to delete online comments deemed insulting to the country's royalty in a case widely seen as a test of freedom of expression in Thailand.

While the ruling showed leniency, it also sent the message that Internet content in the Southeast Asian nation must be self-censored. Chiranuch Premchaiporn had faced up to 20 years in prison for failing to quickly remove 10 comments others had posted on her Prachatai news website.

She told reporters she found the verdict reasonable but still had thought she would be acquitted.

The case drew international concern over censorship of the Internet in general and the liability of a website operator for comments posted by a third party.

"Today's guilty verdict for Chiranuch Premchaiporn, for something somebody else wrote on her website, is a serious threat to the future of the Internet in Thailand," Taj Meadows, Asia Pacific spokesman for Internet services giant Google, said by e-mail.

"Telephone companies are not penalized for things people say on the phone and responsible website owners should not be punished for comments users post on their sites," he wrote. THE ASSOCIATED PRESS

Whistle-blower case

Journalist charged in Israel

Israel's attorney general has announced the indictment of a journalist who reported on classified documents provided by a military whistle-blower. The ministry said that Uri Blau, a reporter for Haaretz, is charged with unauthorized possession of state secrets. The maximum sentence is seven years. THE ASSOCIATED PRESS

Massacre of villagers

UN's human-rights council meets to discuss Syria

A UN body will hold a special session Friday on the deteriorating situation in Syria and last week's massacre of more than 100 Syrian villagers.

The UN Human Rights Council said Wednesday its special session will address the massacre in Houla, Syria, which drew international condemnation and prompted the U.S. and at least a dozen other nations to expel Syrian diplomats.

The massacre has provoked strong global condemnation, but it is unlikely to trigger a military assault similar to last year's NATO-led campaign in Libya to oust Moammar Gadhafi.

A total of 51 nations — including France, Germany, Britain, Bahrain, the United Arab Emirates and 25 others signed their support for the session. THE ASSOCIATED PRESS

Killing of 18 protesters

Egyptian cop gets five years

A court has convicted a policeman on charges of killing protesters during last year's uprising and sentenced him to five years in prison.

Mohammed el-Sunni was charged with taking part in the killing of 18 protesters in Cairo during the uprising that toppled dictator Hosni Mubarak. THE ASSOCIATED PRESS

Italy to rebuild area hit by second deadly quake

A woman rides her bike amid debris in Cavezzo, northern Italy, Wednesday. A quake struck the same area hit May 20. LUCA BRUNO/THE ASSOCIATED PRESS

Emilia Romagna region. Second quake strikes northern Italy; towns of Mirandola, Medolla and Cavezzo closest to epicentre

Italian rescue workers removed the last earthquake victim from the rubble Wednesday, bringing the death toll to 17 as the government approved measures to rebuild the quake-hit area.

It's an area which is very crucial to Italy's economic health.

The magnitude-5.8 tremor north of Bologna on Tuesday felled old buildings and new factories and warehouses alike, many of them already weakened by a stronger quake May 20 that measured 6.0 and killed seven people.

In both quakes, the death toll consisted disproportionately of workers toiling in factories, leading to some questions about Italy's building codes or possible corruption.

"I remember with sorrow the deaths in Emilia, who died while working, mostly workers but also entrepreneurs," said Interior Minister Anna Maria Cancellieri. Prime Minister Mario Monti has promised the government would do whatever is necessary to rebuild the region.

On Wednesday, the government approved measures, including raising the price of gas by .02 cents a litre, to begin the reconstruction of homes, businesses and historic structures, including many churches, in the stricken area.

Crews on Wednesday pulled the last body from the rubble of a factory in the town of Medolla.

Three others also died in the structure. Civil Protection authorities in Rome say no one else is missing. The quake also injured 350. Many people spent the night in tent camps. THE ASSOCIATED PRESS

Ferraris and Parmesan

The quake-stricken area encompassing the northern cities of Modena, Mantua and Bologna is prized for its super-car production (churning out Ferraris, Maseratis and Lamborghinis), its world-famous Parmesan cheese, and, less well-known but critical to the economy, its machinery companies.

- Counsellors were on hand to help rattled residents who have lived through two terrifying quakes in two weeks in an area not quake-prone.

Taylor handed 50 years in prison

Court ruling. Amputees in Sierra Leone rejoice at ex-warlord's sentencing

Amputees still struggling to lead normal lives years after being mutilated by rebels in Sierra Leone hailed the decision at The Hague on Wednesday to sentence the man who backed those rebels, ex-Liberian president Charles Taylor, to 50 years in prison.

In a landmark ruling by the Special Court on Sierra Leone last month, Taylor became the first former head of state since the aftermath of World War II to be convicted. The 64-year-old Taylor was found guilty on 11 counts of aiding and abetting the Revolutionary United Front rebels in Sierra Leone, who murdered and mutilated tens of thousands of people during this country's 11-year brutal civil war which ended in 2002.

People maimed in the war gathered in the Sierra Leonean capital Wednesday to watch the proceedings of the Taylor trial via a live feed from The Hague, and rejoiced when judges in The Netherlands announced the 50-year sentence.

"That makes me the happiest person on Earth," said Alimami Kanu, whose right hand was hacked off by the RUF when he was 11 years old.

Siah Lebby, whose left leg was butchered by the rebels, said the tough sentence sends a strong signal. "After they have seen, they have seen what happened, all the people who want to do bad things again will be afraid."

THE ASSOCIATED PRESS

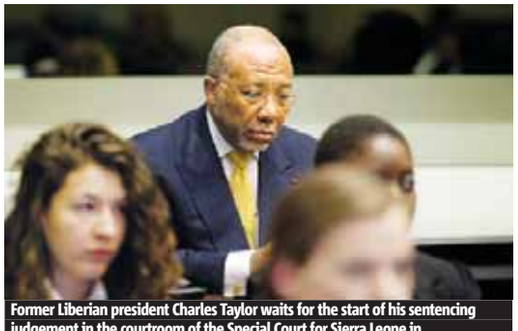
Justice

Liberians observe judgement

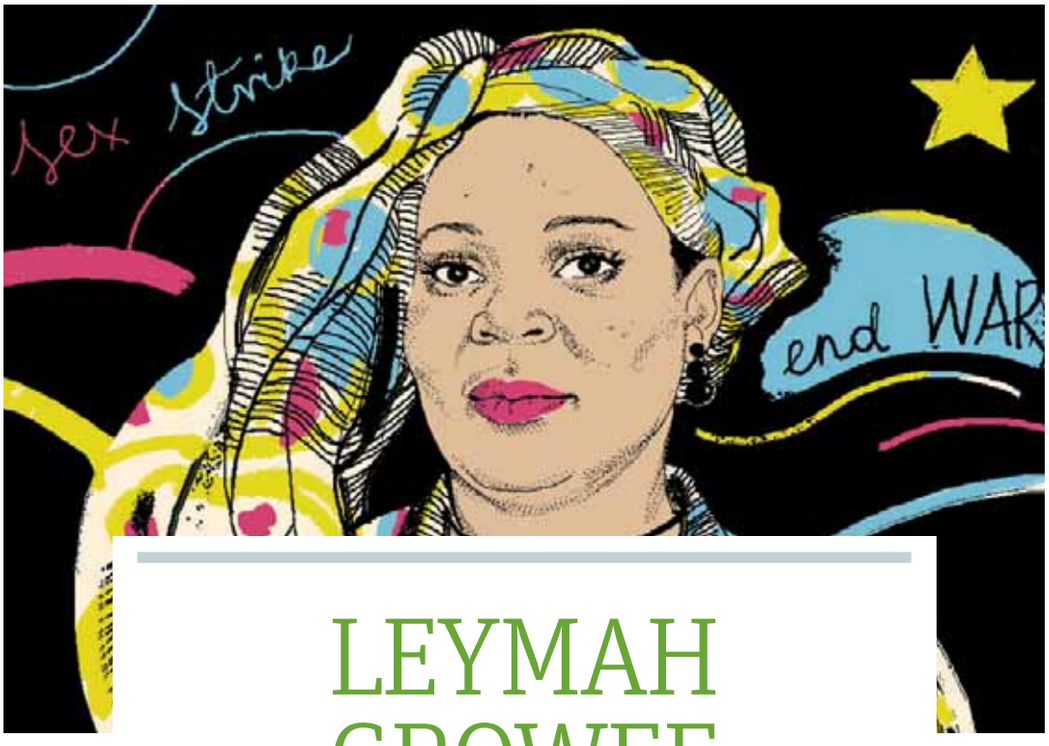
Taylor is an ex-warlord whose rebel forces invaded Liberia in 1989, marking the start of that country's vicious civil war. He eventually ran and was elected president, before being forced out by another rebel group. In Liberia, which shares a border with Sierra Leone, the irony has always been that Taylor is being tried for crimes he aided and abetted, rather than the ones that he is accused of directly carrying out in his own country.

In the Liberian capital of Monrovia, Suzanah Vaye watched the proceedings and hailed the sentence. Her husband was killed during the last days of Taylor's government in 2003. He was last seen in the hands of the ex-president's security force.

"Today, I join Sierra Leoneans in saying this should be a lesson to people that God has his own way of bringing judgment," Vaye said.



Former Liberian president Charles Taylor waits for the start of his sentencing judgement in the courtroom of the Special Court for Sierra Leone in Leidschendam, Netherlands, on Wednesday. TOUSSAINT KLUITERS/THE ASSOCIATED PRESS



LEYMAH GBOWEE

Who said sex and politics don't mix? Led by Leymah Gbowee, a young mother, Liberian women went on a sex strike to end the country's brutal civil war. They were successful. Last year Gbowee won a Nobel Peace Prize for her campaign.

USING SEX AS A WEAPON

Leyma Gbowee calls herself an ordinary Liberian mother of six. But without her mass women's movement, Liberia's civil war would still be raging. Gbowee's "peace warriors" have given African women a higher profile, too — and Liberia's president is now a woman. But with the exception of former president Charles Taylor, Liberia's warlords remain free.

Charles Taylor is the first-ever head of state to be convicted by the International Criminal Court. Do you feel vindicated?
When someone has been terrorizing communities, and your community has been violated, of course you're relieved he has been convicted. It doesn't matter that Taylor has been convicted for war crimes he committed in Sierra Leone, not Liberia. We've waited for a long time, so we're happy. There's a sense that justice has finally been served, and that Taylor will pay for his crime.

Are sex strikes an effective strategy to end wars?
They're effective in the sense that they get people's attention. Sex is an exotic thing, and many people would say it's a taboo subject. But when someone dares to bring it to the attention of the public, it has two results. People start saying, "Who's this person doing this?" and they start asking why the person is using sex to highlight an issue. And it gets men thinking. There are a lot of good men out there! The percentage of men who wage war is very small. Good men outnumber evil men, but why are they silent? Our strategy helps the good men because it gives them a reason to take action.

So it's not the sex strike per se, but the support it gives good men, that makes it an effective strategy?
Yes. Every man is interested in the act of sex. We withheld sex from our spouses to get attention, and our husbands obviously noticed. We said, "We need you to take a stand." And they did.

How many other alleged Liberian war criminals are there who should also face justice?
That's the biggest debate in Liberia right now. Since Taylor's conviction there has been a lot of discussion about the role former warlords still play in Liberia. In the case of Prince Johnson, people are saying that he, too, should be brought to justice. We need to start the conversation about people's role in the Liberian civil war and what should be done with them.

Prince Johnson has since become a member of parliament in Liberia.
The difference in African politics versus politics in the West is that people tend to rally around their identity. Liberia is no exception. Some people, including myself, don't want a person who committed some of the worst atrocities in our civil war as a member of parliament, but if you ask the people of his tribe, they see him as a hero.

Madeleine Albright likes to say that the world wouldn't be a better place if women were in charge — it would be like high school all over again. Do you agree?
It would be a much better place than it is now. Are all men bad? No. But I think when it comes to world politics, women bring something uniquely different to the table. Men often have values and principles, but politics tends to override them. Politics isn't a popularity contest; it's about achieving lasting changes. That's what women are good at.

The Nobel Peace Prize can be a blessing — as in the case of Mother Theresa — or a curse. Which has it been for you?
For me it's a gift from God. I come from a very humble background, and I'd never have thought that something like this could come my way. I can never refer to any gift from God as a curse.

ELISABETH BRAW/METRO WORLD NEWS

Leymah Gbowee

- **Age.** 40
- **Family.** Six children
- **Background.** Trauma counsellor; counselled warlord Charles Taylor's former child soldiers. Founded women's movement that helped end Liberia's civil war through protests and sex strikes.
- **In the news.** Founder and director of Women Peace and Security Network Africa. Won the Nobel Peace Prize last year. President Charles Taylor, whom Gbowee helped defeat, has just been convicted for war crimes by the Special Court for Sierra Leone in The Hague.

Canadian economy has 'oilsands fever': Report

Dutch Disease. Two studies take differing views on resource exports and long-term economic growth

On the eve of NDP Leader Tom Mulcair's visit to Alberta's oilsands, a new report backs his claim that Canada's economy suffers from a form of Dutch Disease.

A study released Wednesday by the Pembina Institute says Canada has come down with a unique strain of the phenomenon, dubbed "oilsands fever," that is producing near-term economic benefits that are often overstated.

The report says these benefits are spread unevenly across the country and could be hiding economic turmoil down the road. But another report by a different group says Canada's oil-and-gas industry is spreading the wealth by using the money earned from booming exports to buy goods and services from the rest of the country.

The two reports were released simultaneously as Mulcair prepares to embark on his first tour of the oilsands.

The NDP chief has been lambasted by western premiers and the federal Conservatives for suggesting oil exports raise the value of the Canadian dollar, which in turn hurts the economy in other parts of the country.

The phenomenon is dubbed the "Dutch Disease" in reference to the manufacturing decline that occurred in the Netherlands after a boom in natural gas exports in the 1970s.

"The result appears to be a uniquely Canadian strain of the Dutch Disease that could be called 'oilsands fever' — a strain that is beginning to create clear winners and losers in Canada's economy and could pose a significant risk to Canada's competitiveness in the emerging, clean energy economy," the report says.

A separate report also released Wednesday by the Macdonald-Laurier Institute found all provinces will enjoy benefits from oil- and gas-rich western provinces that far outweigh any ill effects from a higher Canadian dollar. "While the so-called 'Dutch Disease' mechanism may operate, in practice it is partially (perhaps more than fully) offset by the gains to the overall Canadian economy documented by these studies," the report says.

THE CANADIAN PRESS

Western tour

Before departing on his western tour, NDP Leader Tom Mulcair, pictured, insisted he's not against development, he's only advocating sustainable development.

- And he stressed that applies not just to the oilsands but to natural-resource projects all across the country.

Staffs strike against Spain's spending cuts

A child sits amid trash and paper put there by cleaners during the second day of a strike by the cleaning staff against budget cuts at Barcelona's airport on Wednesday. Spain's conservative government has introduced harsh austerity measures, including spending cuts on health and education, in an attempt to control the level of its debt relative to the size of its economy and bring it within European guidelines. Spain's borrowing costs soared Wednesday to reach its highest level since the country joined the euro, close to levels where other debt-stricken countries such as Greece and Ireland have asked for an international bailout.

MANU FERNANDEZ/THE ASSOCIATED PRESS

Europe. 'Banking union' proposed

The European Union's executive office on Wednesday called on the 17 countries in the eurozone to create a "banking union" that can centrally oversee and — if needed — bail out the sector, which has become a weak link in the continent's financial system.

Bank failures have already overwhelmed the public finances of Ireland, forcing it to take an international bailout, and some fear Spain could be next. The European Commission, while recommending that Spain be given an extra year to meet its deficit targets, suggested that regulation of the entire eurozone banking sector be done centrally.

In its recommendations on how to deal with the financial crisis, which has pushed the shared single currency to the brink, the Commission wants to boost cross-border management of banks. THE ASSOCIATED PRESS

Partners. PepsiCo, Twitter launching music campaign

PepsiCo Inc. is lifting the curtain on its music partnership with Twitter, saying it plans to offer free downloadable songs on its Twitter page starting Wednesday and streaming video of live concerts this summer.

The No. 2 soda company says the first "pop-up" concert will be in late June. Followers will be able to influence aspects of the concert, such as the set list, by tweeting the names of songs they want played. Pepsi is staying mum on which artists it has lined up for the concerts. But the Purchase, N.Y., company has recently partnered with pop stars Nicki Minaj and Katy Perry in its marketing campaigns.

Live for Now

The partnership with Twitter is part of Pepsi's broader Live for Now campaign, which is using music to revive the brand's image and help win back market share from Coca-Cola Co.

A free downloadable song from Amazon.com's MP3 store will be selected based on a weekly video update. Pepsi followers need to include a Pepsi hashtag in a tweet to get the song. THE ASSOCIATED PRESS

CP Rail. Back-to-work bill speeds through Commons

Back-to-work legislation designed to end a CP Rail strike and get freight moving likely won't pass in the Senate until Thursday at the earliest, despite its overnight passage in the House of Commons.

MPs voted just before 1:30 a.m. Wednesday to pass Bill C-39, ordering 4,800 Canadian Pacific engineers and conductors back to work after a weeklong strike.

Labour Minister Lisa Raitt said the labour dispute must end quickly because of the toll it's taking on the economy. The Harper government used its majority to force the legislation through the House of Commons in a single day.

Labour Minister Lisa Raitt

THE CANADIAN PRESS

Even before the Senate began sitting Wednesday, the Conservative Senate leader was accusing the Liberal minority of obstructing Bill C-39's passage.

THE CANADIAN PRESS

STRESSED ABOUT DEBT?
More people talk to BDO for debt solutions than anyone else in Canada. Learn about all your options. It won't cost you anything to call. You'll feel a whole lot better when you do.
BDO helps you take control of debt.
Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy
613 235 5225
bdodebthelp.ca
BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.
BDO

EI changes

Mexico wants to expand temporary workers in Canada

Mexico wants to increase its foreign workforce in Canada, despite the Conservative government's new employment-insurance rules that aim to fill vacant jobs with unemployed Canadians instead.

Mexican Foreign Secretary Patricia Espinosa pressed for the expansion of the temporary-workers program to sectors other than agriculture during a visit Wednesday to Ottawa.

THE CANADIAN PRESS

Retail

FGL Sports plans five-year expansion

Canadian Tire-owned FGL Sports plans an "aggressive" expansion of its most popular banners over the next five years while closing more than 100 underperforming stores operating under various names.

The closures affect 115 corporate stores under such banners as Sport Mart, Athletes World and Nevada Bob's Golf.

THE CANADIAN PRESS

Market Minute

DOLLAR
97.16¢ US (-0.6¢)

TSX
11,433.22 (-176.08)

OIL
$87.82 US (-$2.94)

GOLD
$1,564.60 US (+$14.70)

Natural gas: $2.46 US (-2.2¢)
Dow Jones: 12,419.86 (-160.83)

Three people on the floor of the New York Stock Exchange display their BlackBerry smartphones on Wednesday. Research In Motion Ltd., the maker of the BlackBerry, is in a freefall. The company, once the crown jewel of the Canadian technology industry, is now worth one per cent of Apple's market capitalization. RICHARD DREW/THE ASSOCIATED PRESS

RIM shares in steep decline

Research In Motion.
Analysts take gloomy view of BlackBerry maker following forecast of loss, layoffs

A fresh batch of takeover speculation greeted BlackBerry-maker Research In Motion on Wednesday as analysts weighed in on the company's projected operating loss in the current quarter and its prospects for survival.

Shares of the Waterloo, Ont.-based company tumbled another 6.5 per cent, inching toward becoming a single-digit stock, after a statement from RIM late Tuesday said it hired two outside firms to advise on its troubled business and financial performance.

RIM was down 82 cents to close at $10.66 on the Toronto Stock Exchange.

Chief executive Thorsten Heins said competition is affecting sales of RIM smartphones, and that it would respond by reining in costs and cutting staff by unspecified numbers throughout the rest of the year.

But analysts are concerned about the speed at which RIM is reeling in expectations ahead of the rollout of the new BlackBerry 10 operating system later this year.

"I think it would be premature to write the company off, although I do believe Blackberry 10 has to be a very competitive product for the company to bounce," said Charlie Wolf, an analyst at Needham & Company in New York.

Quoted

"While buying this stock is like going to the casino, RIM does have over $4 per share of cash and intellectual property with a book value of about $6 per share. If you're feeling lucky, this stock might be worth a dice roll under $10 per share."

National Bank analyst Kris Thompson in a note titled RIM Blows Up in Q1, Recovery Unlikely, saying he considers the company up for sale.

Some analysts have also factored in RIM's dated inventory and restrained sales outlook, and responded by pulling back expectations.

THE CANADIAN PRESS

PLANTING NATIVE TREES:
A manly way to get The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA

Canada's National Notary Public Company

Notarization & Legalization

Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing

Over 100 Locations Across Canada

Red Seal NOTARY

Scan and Save

Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel

RedSeal Notary.com
1-888 922-7325

BRAMA TELECOM INC.
Introducing Our Best Value
HOME PHONE
$14.95/month

UNLIMITED CANADA INCLUDING EXTRA 250 min* USA CALLING

15 Features included

FREE • activation • shipping • transfer your number
This offer valid June 29, 2012

You could win
One of 50 phone packages including:
• free phone adapter
• free activation
• free keeping your number
• free shipping
• 2 month free service

VISIT club metro COM TO ENTER

Start saving today!
No contract, No obligation
1 613-667-2244
www.bramatelecom.com
To register and for full contest details visit club metro.com

SKEPTICS, ASSEMBLE!

HE SAYS...
John Mazerolle
metronews.ca/hesays

Don't tell anyone, but I'm in a band of superheroes. It's not easy. But with great powers come great responsibilities, so we struggle onward.

You see, I'm a Skeptic. And we are shunned and misunderstood.

I am ... Captain Incredulous! Defender of critical thought, wielder of common sense, saving the world from the Bible Thumper, Flim-Flam! and Dr. Alternative.

To enemies, "Skeptic" translates to closed-minded jerk who wouldn't recognize his spirit guide if it bit him on his chakra.

But we just want evidence. If you claim that God will help me find my apartment keys, or that my aura is the colour of Doritos, then I want questions answered. First and foremost: Do you bang your head often getting into cars?

Sorry. Captain Incredulous takes that back. I'm a poor spokesperson for the Skeptic Squad, as I have the same sense of restraint and tact as a U.S. presidential campaign.

This is my life, my curse. I must confront believers who say, "I feel sorry for you" and work with friends unaware of my secret identity as they compare star signs. The only "knocking on wood" I do is the repeated head-to-desk motion. It's the only way I keep from getting angry. Don't make me angry. You wouldn't like me angry.

Many of you are aligned against me. But maybe you'll understand if you gaze upon some of my exciting adventures:

Captain Incredulous No. 1: The Family!

Trapped for two decades inside a nuclear family that forces him to church every Sunday, our hero discovers his powers when he turns on his captors and says: "Isn't it wrong of me to consume the body of your Lord when to me it's only ice-cream wafer?" Even the Mummy, with her powers of lay ministry, cannot deflect the logic blast. A new hero joins the Skeptic Squad!

PHOTO ILLUSTRATION: DAVID VAN DYKE

Captain Incredulous No. 7: Magnet Man!

Our hero suffers his first defeat when he meets Magnet Man, bearer of the Magnetic Bracelet. Hearing Magnet Man discuss the bracelet's powers with a bartender, Captain Incredulous forgets his logical weapons and instead blurts out, "Why don't you wear bunny ears?! It would have the same effect!" Captain Incredulous, met with stares and silence, slinks back to his corner of the Beer Cave.

Captain Incredulous No. 21: The Mayor!

The good captain is listening to radio transmissions when he hears his political leader, Toronto Mayor Rob Ford, say, "I like astrology, folks. I follow the stars." Fighting off the overpowering urge to curl up into a ball and die, Captain Incredulous remembers the earlier lesson not to let his emotions defeat him. He decides it's nice that the mayor and many of the lefties who hate him have common ground to work from. I may host a summit.

But until then, what adventures await?

All I know for sure is that we Skeptics' lives are difficult, fraught with awkward family barbecues. It's thankless, but we have an unrelenting belief in mankind: That it will get sillier by the day. No doubt about it.

This jelly's par for the course

GETTY IMAGES

Rooftop-patio golf

Just don't snack after putting

The roof of Selfridge's department store in London has become a jelly-themed golf course thanks to food architects Bompas & Parr. Ahead of the Queen's jubilee, the nine-hole course features iconic British landmarks including Tower Bridge and Big Ben, all with an edible frosting. METRO

Urban oasis

"Adults find it hard to justify going to a theme park. We want to help people find pleasure in the city."

Sam Bompas, food architect

Selfridge's has a long history of hedonism. In the 1930s the roof featured a golf course, pleasure garden and café. More recently, Bompas & Parr created a green boating lake there last year.

Bompas & Parr

- **Gasp!** One of the duo's first projects was a breathable cocktail made by vapourizing 600 litres of gin and tonic.
- **Rowing on punch.** In 2009, they flooded an 18th-century townhouse with 2,500 litres of Courvoisier punch and had their guests row across.
- **Chocolate climb.** The last creation was a series of climbing walls made out of chocolate.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which show ending its long run in 2012 will you miss the most?

Twitter

@MichaelDavid011:
Yesterday it was a foot and today another body part was mailed to Ottawa from Montreal! Gives new meaning to the expression "Hand Delivered"

@WWFSMD:
2 more scary boxes found at CPC HQ in Ottawa. One labeled Science to be buried. Plans to chip away at the one labelled Democracy under way.

@GregCoxRealtor:
Police: the body parts in #Montreal & #Ottawa aren't linked. Which is silly, because if they were linked both would be in Ottawa or Montreal

@memphbeeks:
Yo #ottawa #bodyparts guy I'm really happy for you. Imma let you finish, but Florida's #faceeater is one of the biggest sickos of all time

@paigelynn03:
Gettin my tan on, lovin this Ottawa heat!

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Comedian Scott Thompson is still happily 'shameless'

Nothing untouchable. Kids in the Hall star says he once started to doubt his comedy — but now he's fine with making people squirm

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

If you happen across a re-run of The Kids in the Hall, one thing is for sure — all these years later, it's still funny.

"I think we were smart in that we never really mentioned anything that was actually happening in the world at the time," says one fifth of the Kids, Scott Thompson.

"Everything that we've done is pretty universal — it's mostly about human nature and that never changes. We never mentioned celebrities or current events so I think our comedy remains timeless."

As a result, the show has gained an impressive and enduring cult following of fans that enjoy the envelope-pushing humour of The Kids in the Hall, despite the politically correct climate we live in today.

"When you try to take something and make it unsayable and you try to bury it, you only give it more power," says Thompson.

"I never got caught up in that and The Kids in the Hall didn't either. Our whole ethic from day one has been 'if it's funny, you can do it.' Nothing is untouchable."

Even still, Thompson admits there was a time he questioned whether he had gone too far.

"There came a period in my career where I started to doubt a lot of what I did because I started to think, 'why do you have to make people uncomfortable? Why do you always push that button?' But then, a few years ago, I decided that I was doing the right thing and it really wasn't my fault if people reacted badly," he explains.

"You bring something out of the darkness and put it into light. I can't control how people are going to react to it. So now I'm totally shameless," he says with a laugh.

And, in terms of future plans with the rest of the guys in The Kids in the Hall, Thompson says that door is always open.

"The five of us touring? We're talking. We're always trying to find that window," he says.

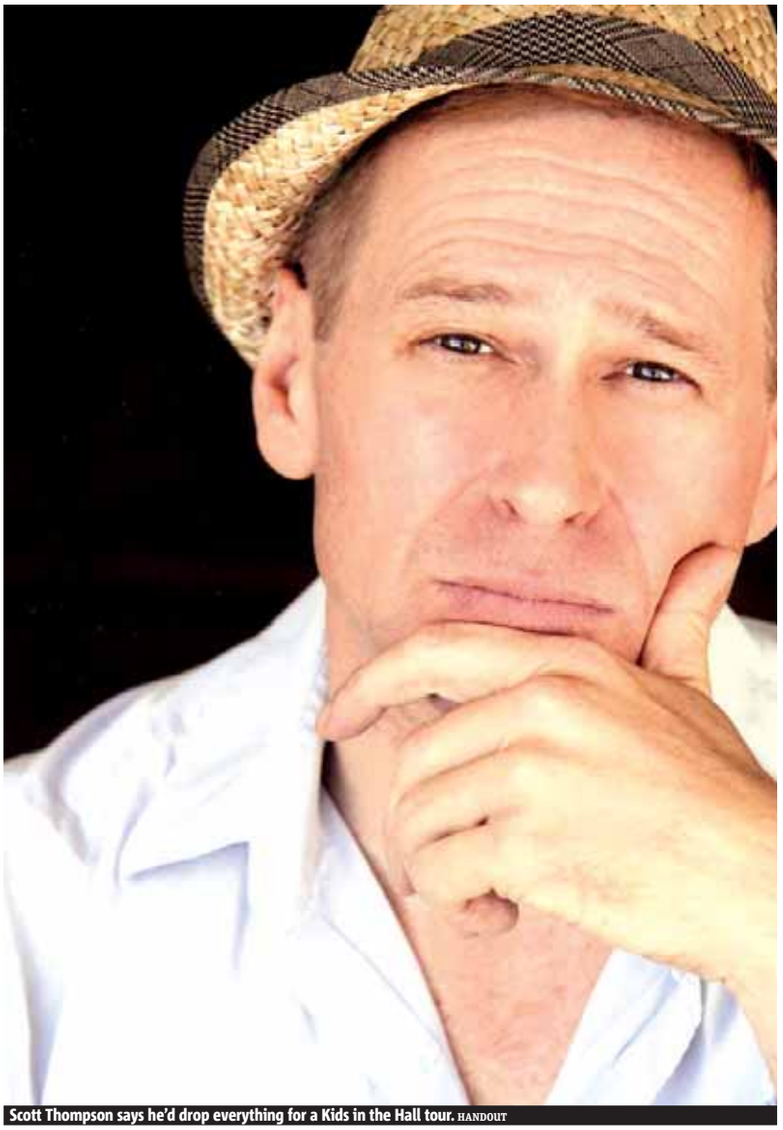
"I would drop everything in a second for a Kids in the Hall tour, that's for sure."

If you go...

An Evening with Scott Thompson

- **When.** Friday at 7:30 p.m.
- **Where.** Arts Court (2 Daly Ave.)
- **Price.** $20 in advance, $25 at the door.

This is a one night only fundraising performance for the Ottawa Fringe Festival. For more info, go to ottawafringe.com.



Scott Thompson says he'd drop everything for a Kids in the Hall tour. HANDOUT

2 SCENE

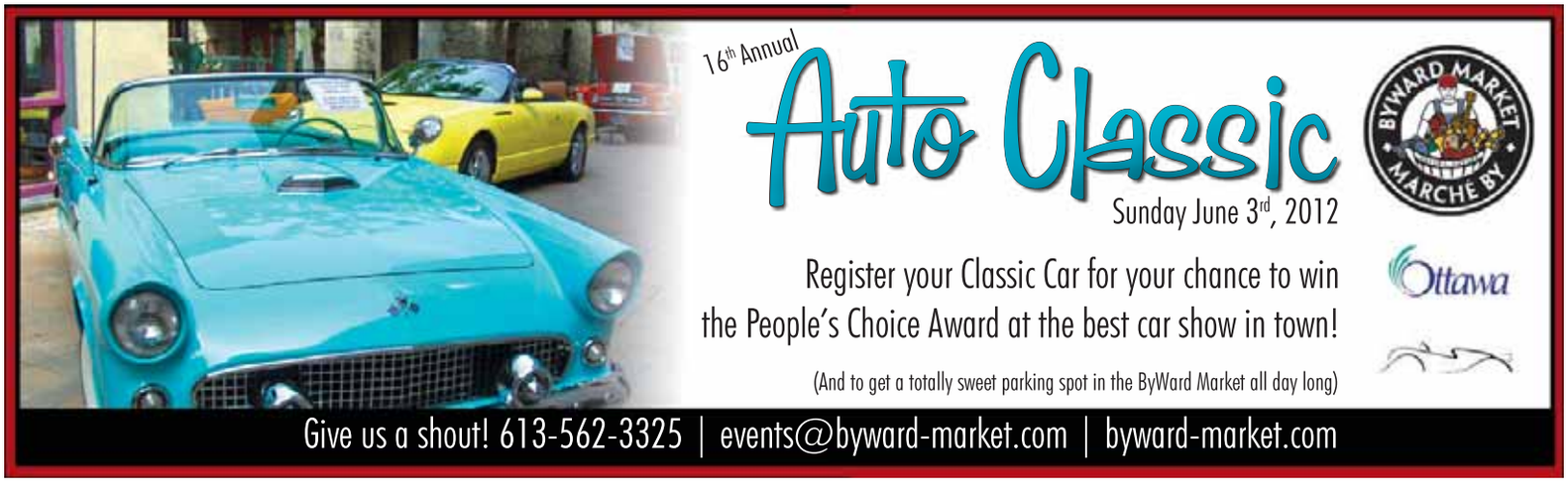
Scene in brief

Shaw won't pick up Talackova reality show

Shaw Media is stepping back from comments suggesting it plans to air a reality show about transgender beauty queen Jenna Talackova. Programming boss Barbara Williams said Wednesday the broadcaster had picked up a reality show about the leggy Vancouver blond. But later that day, a Shaw spokeswoman said Williams "misinterpreted" a reporter's question and the show will not be picked up. Talackova made headlines worldwide when she was prohibited from competing in the Miss Universe Canada pageant because she was born a man. But Pageant boss Donald Trump reversed the decision and she ended up making the top 12.
THE CANADIAN PRESS

On the web

Men in Black 3 is in the black with $69.3M debut weekend; Avengers adds $47.2M


16th Annual
Auto Classic
Sunday June 3rd, 2012
Register your Classic Car for your chance to win
the People's Choice Award at the best car show in town!
(And to get a totally sweet parking spot in the ByWard Market all day long)
BYWARD MARKET MARCHE BY
Ottawa
Give us a shout! 613-562-3325 | events@byward-market.com | byward-market.com

Danielle Panabaker plays Maddy in Piranha 3DD. HANDOUT

Waterworks: Piranha 3DD a summer thrill

Q & A. Danielle Panabaker gives us the lowdown on playing Maddy, a marine biologist who fends off frightening cannibalistic fish

TODD GILCHRIST
Metro World News in Hollywood

Outwardly composed of scantily clad coeds colliding with animatronic fish, it's easy to assume that a movie like Piranha 3DD demands little from its actors. But Danielle Panabaker has elevated playing the lead in a genre film to something of an art form, giving each film precisely what it needs while stretching acting muscles audiences haven't seen her use before. In the eagerly awaited sequel to Alexandre Aja's 2010 bloodbath, Panabaker plays Maddy, a budding marine biologist pitted against a bloodthirsty horde of cannibalistic fish, and she somehow makes the whole thing seem like a lot of fun.

What sort of trepidations, if any, did you have about returning to horror after doing Friday the 13th and the Crazies?
When we were first taking a look at this film, my hope was that there would be a more comedic, lighter element that's definitely something I'm interested in exploring further. Doing a little more comedy and being a little more lighthearted.

You sort of play the straight woman to all of the carnage, though.
You know, you're right. But hopefully audiences can relate to Maddy and go on this journey with her as she's discovering the piranha and interacting with all these kooky characters. I think I get the best of both worlds.

The title highlights the film's focus — nudity and gore. Was there any concern that you might have to be nude in the film?
It wasn't appropriate for my character in this film. I'm certainly not opposed to it, but there was no question that I would not be taking my top off in this film.

How much do these films tap into your own fears when you're acting in them?
The most difficult thing for me is that I'm afraid of water. In my rush to get out to North Carolina, never once did it occur to me that I'd be spending days upon days in water. The first day we shot was at the lake and I remember standing at the edge of the lake in my underwear, so vulnerable, and about to do something that every bone in my body said do not do, and just being like, "Just suck it up, Panabaker! You're going in."

Did shooting the scene help you conquer your fear?
Oh, I'm still afraid of water. I learned to scuba a little bit and breathe off a respirator, but I'm still not interested.

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME
12 weeks (36 hours in class and 36 hours online)
FRENCH AS A SECOND LANGUAGE (9 LEVELS)
July 3 to September 22, 2012
Evenings: 6 pm to 9 pm (9 Levels)
Saturdays: 9am to noon (6 Levels)
ENGLISH AS A SECOND LANGUAGE (6 LEVELS)
July 3 to September 22, 2012
Evenings: 6 pm to 9 pm

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (4 Levels)
May 28 to June 22, 2012
Level 1 and 3 – 12:30 pm to 3:30 pm;
Level 2 and 4 – 9 am to noon;
Level 5 and 6 - please check our website
ENGLISH AS A SECOND LANGUAGE (2 Levels)
NEW! July 3 to July 27, 2012
Level 1 – 9 am to noon;
Level 2 – 12:30 pm to 3:30 pm

FEES: $30.00
(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191

CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
ÉDUCATION PERMANENTE
www.educationpermanente.ca

MONSTER DAYS ARE BACK JUNE 1 - 30
DOWNLOAD THE SALE FLYER & SHOP ONLINE @WWW.LONG-MCQUADE.COM
Long & McQuade MUSICAL INSTRUMENTS
2631 ALTA VISTA DRIVE · 613.521.5909
OTTAWA@LONG-MCQUADE.COM

metro
CANADA'S FIRST NEWS APP IN NEWSTAND
Now available for iPad, iPhone and iPod touch!
Available on the App Store

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 24

Could Prometheus be true?

Deep space mystery. Former head of SETI says we may discover alien life in the next two years

MICHELLE CASTILLO
Metro World News

This summer, Earth is under attack. From action films like Prometheus and The Avengers, to comedies like Men In Black 3, aliens are appearing at the multiplex and threatening the fate of humanity.

But, not so fast, says the former director of the Center for SETI Research, Jill Tarter. The American astronomer believes that these films are just — duh — entertainment.

If extraterrestrial beings were to come to our world, they'd be so technologically advanced that they wouldn't need puny human slaves or our meager food. Plus, there's a giant possibility they wouldn't look like anything we've seen before — or could even think of.

"Whether our imagination is up to the task of really appreciating what nature might do somewhere else remains to be seen," Tarter told Metro World News. "Look at the body plan that evolved. Nature experimented and discarded some and modified other things. There are so many weird things on this planet that we are beginning to appreciate. I think that it might be weirder still from some other environment."

Prometheus, directed by Ridley Scott, hits theatres on June 8. HANDOUT

Most of Tarter's career with the non-profit SETI Institute — which stands for the Search for Extraterrestrial Intelligence — has been dedicated to examining the universe for other beings.

Tarter, who recently retired, will be discussing her ideas about the possibility of aliens alongside real astronauts and Hollywood sci-fi actors at the upcoming SETIcon on June 22-24 in Silicon Valley, Calif.

Tarter believes that humans will discover extra terrestrial life in the next two years. It's a valid question to ponder, especially because for thousands of years, humanity had to rely on priests and philosophers to tell them the "truth" about the universe. Now thanks to astronomy tools like the Kepler space observatory, we have discovered more than 2,000 extrasolar planet candidates to date. Many of them are similar to our home planet.

"We can almost taste the idea that Earth 2.0 is going to turn up in the near future," she said.

Recently, Tarter has been searching for signs of technology in the universe, using it as a proxy for intelligence. While she and her colleagues haven't found any spaceships or ray guns, Tarter doesn't believe that means we're all alone out there.

The data that shows that there isn't any life is also consistent with the possibility that there is abundant life out there.

"We haven't been searching for very long," she admitted.

ENTER NOW AT CLUBMETRO.COM AND YOU COULD WIN
A VIP FLY AWAY PACKAGE FOR TWO
TO LOLLAPALOOZA 2012 PLUS A 1-YEAR RDIO SUBSCRIPTION

COURTESY OF:
rdio
www.rdio.com

To register and for full contest details, visit clubmetro.com

club metro

Lollapalooza

Blake doesn't need anybody's 'approval'

Blake Lively is getting ready to say goodbye to Gossip Girl, the show that made her a star.

"I think the best way to describe it is like someone who really enjoyed high school, and it's like I'm a senior and I can't wait for the next thing," she tells Bullett magazine. "As an actor who plays a caricature of myself on the show, I don't think I'd say, 'Watch Gossip Girl for my best quality of work.' But I am very lucky to have had that experience."

But shouldn't Lively be worried about how her co-workers might take her remarks, especially with work starting on the show's final season this summer?

"I'm not in the business of trying to win the approval of my cast members, my director or my audience," she insists.

Prince Harry. ALL PHOTOS GETTY IMAGES

Prince Harry has a job opening

When Prince William sat down with Katie Couric for an interview, he said what recently married Royals in line for the throne are supposed to say: "I'm just very keen to have a family, and both Catherine and I are looking forward to having a family in the future."

But more surprising is what younger brother Harry shared.

"I've longed for kids since I was very, very young," said the prince with a reputation for looking hungover on the polo field. "And so I'm just waiting to find the right person, someone who's willing to take on the job."

Harry, we'd like to introduce you to America, where hot girls are willing to let Donald Trump touch them.

Former co-star accuses Fox of beating women

There seems to be no love lost between former Lost co-stars Dominic Monaghan and Matthew Fox.

When asked by a fan about Fox, who was arrested for driving under the influence earlier this month and was sued for assaulting a bus driver last year, Monaghan bluntly responded, "He beats women. Not isolated incidents. Often."

When another fan pointed out that Monaghan was making quite a strong accusation, he responded, "An accusation is when you 'claim' someone did something wrong. I know."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Moves like Adam Levine

MONICA WEYMOUTH
scene@metronews.ca

Adam Levine is a curious creature. Since Maroon 5 started seeping its comfortable radio rock through the airwaves 10 years ago, the seemingly unremarkable frontman and Voice judge has dated his way through intellectual A-listers (Natalie Portman), fluffy pop princesses (Jessica Simpson, circa a very respectable 2006) and Victoria's Secret bombshells (Anne Vyalitsyna).

Is he cute and talented in a non-threatening way? Sure. But we have a feeling his sparkling dating resumé is a result of professional-grade smooth talking, which he whipped out in a new interview with Details magazine.

"There's two kinds of men: There are men who are f—g misogynist pigs, and then there are men who just really love women, who think they're the most amazing people in the world. And that's me," Levine tells the magazine.

But he's a rock star, so he's not perfect, of course. As for sleeping around, he muses, "Maybe the reason I was promiscuous, and wanted to sleep with a lot of them, is that I love them so much."

Laugh all you want, but when was the last time you turned off the bubblegum noise that is Moves Like Jagger? Adam Levine is in our heads, ladies.

DO YOU OR A LOVED ONE NEED HELP TO DEAL WITH THE ADDICTIONS OF DRUGS, ALCOHOL AND TOBACCO?

Have a conversation with one of our bilingual, trained professionals today.

Collective Wellness
Your first step Wellness

613.747.WELL (9355)
recovery.collectivewellness.ca

WE ARE A PRIVATE SERVICE COVERED BY SOME BENEFIT PLANS
WE ARE NOT COVERED BY OHIP
Member of Canadian Addiction Counsellors Certification Federation

SATURDAY, JUNE 2

FREE $10 Quickpay TimCARD

Tim Hortons

WHEN YOU SPEND $50 OR MORE ON ALMOST ANYTHING AT SHOPPERS DRUG MART*

Visit shoppersdrugmart.ca or the store nearest you for details.

*Some conditions may apply. See cashier for details.
Offer valid Saturday, June 2, 2012 only.

SHOPPERS DRUG MART

Iris van Herpen: The queen of sculpture

The future of fashion. Metro chats with up-and-coming style star Iris van Herpen about designing, fame and going Gaga

FEDERICO GEREMEI
Metro World News in Italy

She's shy, she doesn't say much, but she does know what she's doing. We meet Iris van Herpen — a 27-year-old Dutch fashion designer — at the IED (Istituto Europeo di Design) in Rome.

Thanks to her organic and visionary creations, she's quickly risen to fame amongst international talents. Iris' hand-made 3D "sculpture-like" dresses can be found in top museums all over the world.

Not bad for a girl who once had a dream of becoming a ballet dancer.

You're labeled "the architect of fashion", who's your inspiration?

I've never heard anyone refer to me using that expression. Indeed, architecture is a source of inspiration for me, but I am first of all a fashion designer. I work a lot with Isaie Bloch (a Belgian architect who focuses on 3D printing), there's a great synergy between us.

What does fashion represent for you?

Fashion expresses my own identity. It's a mix of my tastes, mood and cultural background.

You've worked with Viktor & Rolf and Alexander McQueen, your icon. Any lessons learned?

I learned to be patient when working, I also learned a lot from his staff, having worked with them on a daily basis.

Floating down the runway

"I do not plan much but I keep fantasizing about a zero gravity fashion show."
Iris van Herpen
Fashion designer

Designer Iris van Herpen, left, and a model walk the catwalk at the Iris van Herpen Show during Mercedes-Benz Fashion Week Berlin Spring/Summer 2012 GARETH CATTERMOLE/GETTY IMAGES

You've come up with creations for Lady Gaga's and Bjork's performances. What do you think about them?

They're not just singers, they're total artists — two amazing performers. Yet, they are so different.

What do you like about Lady Gaga?

I love that she's completely unpredictable.

And Bjork?

It's hard to express in words but Bjork's music and her way of communicating touches me deep inside.

What do they love about your work?

When I work on a new creation, I focus on finding and conceiving a specific personal identity, something that belongs to the person who is going to wear it. We all have our own individual personality, nothing is fixed nor immutable. Performers such as Lady Gaga and Bjork also rely on dresses – such as the designs that I produce – in order to express all aspects of their personality to the audience."

You are only 27, but you're already incredibly successful. How do you cope with all this at your age?

Everything goes so fast and I am trying to live it all day by day.

Have you always had a clear mind-set, in terms of your goals and ambitions for the future?

No, when I was a kid I wanted to be a ballet dancer. Dance inspired me for a while but at some time – I can't recall when it happened – fashion became my greatest passion.

Any projects in the pipeline?

I do not plan much but I keep fantasizing about a zero gravity fashion show.

GARETH CATTERMOLE/GETTY IMAGES

GARETH CATTERMOLE/GETTY IMAGES

GARETH CATTERMOLE/GETTY IMAGES

Lady Gaga in Iris Van Herpen.
RYAN PIERSE/GETTY IMAGES

3 LIFE

Fashion Flash

Oh C-Ann-ada!

Ann Taylor is heading north of the border as the retail chain opens its first international locations outside the U.S. The New-York-based retailer announced on Thursday it will open two locations in Toronto this fall. With 274 stores across the U.S., the company says its expansion into Canada marks the first step in growing the brand's global presence. "We are pleased by the strong awareness Ann Taylor already enjoys in Canada and look forward to offering our Canadian customers great fashion, quality and value in a new, exciting and aspirational shopping environment," brand president Brian Lynch said in a release. Michelle Obama, Angelina Jolie and Canada's Rachel McAdams are among the famous faces who have been seen sporting items from the brand.

THE CANADIAN PRESS

On the Web

Designers in 1st Soweto Fashion Week inspired by South African township's creativity, history

Prada, Dolce & Gabbana, Nina Ricci, Rihanna, Dree Hemingway and Selena Gomez

Bare your belly

Time to start on those crunches — and not just for the beach. The spring runways were full of exposed midriffs. Here's how to pull them off.

TINA CHADHA
Metro World News

Guess 30th Anniversary Capsule Collection Claudia Corset

$98, guess.com

Mara Hoffman embroidered bustier top

$207, marahoffman.com

H&M bustier

$25, hm.com

Topshop neoprene crop bralet

$32, topshop.com

DANIER
100% GENUINE LEATHER
1/2 PRICE
JACKET EVENT
OFF ORIGINAL TICKETED PRICE.
WHILE QUANTITIES LAST. SELECTION VARIES BY STORE.

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: What do YOU think of Queen Elizabeth's sense of style?

@shalom08
She has a great sense of style. I say, conservative chic!

@JanetDWilson
Classic and dignified.

@Jeanne_Beker: And what about the Queen's hats? Love the consistent style statement. Would YOU wear a hat?

@ReelRoula
Hats are cool @Jeanne_Beker but I looove fascinators!

@southgatecentre
YES! Would love a reason to!

@Jeanne_Beker: 1951 photo of Phillip + Elizabeth, under @TheHudsonsBayCo blanket, in my room at St. Anne"s Spa

@sarahnicole_d
PHILLIP TREACY PHILLIP TREACY PHILLIP TREACY!

@kmac23
been obsessed with the Royals forever – even wore a fascinator to my bro's wedding – designed by David Dunkley (KC Hats) in T.O.

@Jeanne_Beker: With the brilliant Parkinson's researcher Dr. Tony Lang....

@Jeanne_Beker: With @benmulroney1976 at the fund-raising luncheon for Parkinson's at Arcadian Court...

A match made in style heaven

I do! Richard Nicoll and Topshop enter virgin territory with their debut bridal collection

RICHARD PECKETT
Metro World News in London

Looking to be simply stylish on your wedding day? TOPSHOP

Here comes the high-street bride as designer Richard Nicoll lifts the veil on his Topshop collection.

"I wanted to offer a younger, cooler alternative to meringue culture," says Nicoll of his first foray into bridal wear.

The feminine collection, available on June 22, consists of seven pieces from short slips to full-length, blush pink-styles in lace and silk.

The question is: How many brides really want to go down the aisle in a piece of modestly priced ($190 to $700) high street clothing? There's the rub.

However, we are nevertheless in a recession and the London-born designer's "Blushing Brides" breezy, capsule collection could easily work for bridesmaids or as cocktail dresses.

Cute, yes, but the collaboration doesn't mark a change in career track for Nicoll, who's been dubbed King of the Blouse thanks to his reworking of classic shirting with touches such as peplums, stripes or dots.

The designer candidly told Vogue.co.uk: "Of course I'm happy to make them on request but I'm not the new Vera Wang, no!"

Cool intentions

"I wanted to offer a younger, cooler alternative to meringue culture."
Richard Nicoll
Topshop

4 DAYS LEFT

SALE ENDS SUNDAY, JUNE 3RD

call 1-877-932-6437 for availability at a store near you
www.danier.com

The Kit

Canadian street style

PHOTO BY GILLIAN MAPP, GILLIANMAPPONLINE.COM

Spotted in: Toronto

James Keays-Huyler
Account Executive
Age: 28

What he's wearing:
Joe Fresh denim shirt, H&M grey cardigan, Marc by Marc Jacobs leather satchel, H&M burgundy chinos, Aldo high-top sneakers, Nixon flamingo pink watch, Joe Fresh sunglasses, Toronto Blue Jays fitted hat.

His inspiration:
"I like to be comfortable yet on trend, hence the pop of colour in the pant and mixing of different textiles like denim and leather. A lot of my favourites are from Joe Fresh; I wear a lot of their pieces."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!

How to soothe your sensitive skin

Managing your mug.
Take care of your skin this summer with these handy tips from an expert

"In my practice one of the most common problems I see in patients is sensitive skin," says Toronto dermatologist Dr. Rajan. Here are Rajan's top tips for caring for sensitive skin.

Do a patch test first
If your skin is extremely sensitive, you should always patch test a new product on a small, inconspicuous area before using it on larger areas. You don't want to risk having a reaction all over your face, so test the new product and wait at least 24 to 48 hours to ensure you don't react.

New products
Introduce new products into your skin-care regime one at a time so you can check for any adverse reactions. If you try more than one new product at a time and have a reaction you won't be able to know which one it was and could risk eliminating a product from your regime that is actually gentle for your skin.

Dirty digits

"Even when your hands are clean they can transfer dirt, oils, and other potentially harsh irritants to your face."
Dr. Rajan
Toronto dermatologist

Hands off
Even when your hands are clean they can transfer dirt, oils, and other potentially harsh irritants to your face — so try to cut down on the amount of times you touch your face.

If your face itches or you need to wipe it, try using a clean tissue or cleansing wipe. Some wipes, like those in the Simple brand line, are specifically formulated for sensitive skin with no harsh ingredients.

So if you need to touch your face you can do it knowing no dirt or oils will be transferred that could irritate your skin.

Chill out
"It is something people often forget," says Rajan "but your skin reacts to what is going on in your life."

If you are stressed about something you are more likely to have a flare-up, so take a break and relax — your skin will thank you.

NEWS CANADA

Hands on

- More tips are available at Facebook.com/simpleskincare.

CARESS ELECTROLYSIS

613-825-2299
35 Larkin at Greenbank
CaressElectrolysis.com

PERMANENT HAIR REMOVAL

I've been Caressed!

After much deliberation, I walked into Caress. I admit that I wasn't hopeful but remained desperate. During the consultation I thought that it sounded very positive, however, I had already been for laser treatments and those had started off in much the same way, promises of permanent hair removal only to have all the hair re-grow.
So thousands of dollars later and still very much in the need of hair removal I decided to try electrolysis. I would recommend Caress to anyone no matter how desperate they may feel.

Denise

FREE Consultation and Sample Treatment!

WELLA PROFESSIONALS

EXCLUSIVE IN-SALON OFFER!
FREE IN-SALON TREATMENT
WITH THE BOOKING OF A WELLA PROFESSIONALS COLOR SERVICE!
Offer valid until May 31, 2012.

EXPERIENCE WELLA PROFESSIONALS WITH ALL YOUR SENSES
VISIT ONE OF THESE PARTICIPATING WELLA SALONS:

Texture Hair Salon
293 Dalhousie St,
Unit 101, Ottawa
613-241-8977

Salon Salwa
70 George St.,
Unit A, Ottawa
613-241-7902

Riccioli Hair Salon
372B Rideau St., Ottawa
613-789-5504

Merio's Hair Design
2446 Bank St., Ottawa
613-737-3872

Cappucci Hair Studio
3570 Strandherd Dr.,
Nepean
613-843-0364

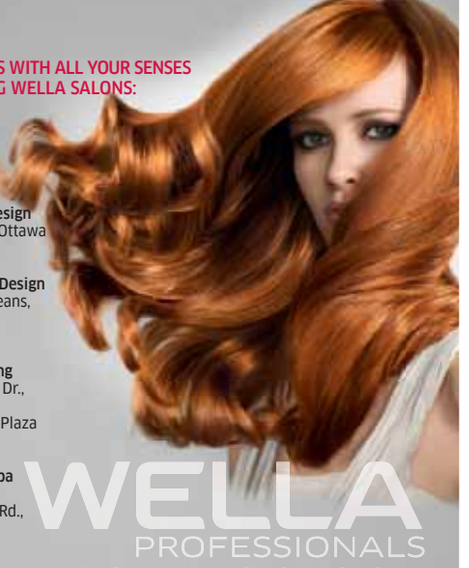
Charisma Hair Design
110 Place d'Orleans,
Orleans
613-834-8985

Aura Professional Hair & Esthetics Studio
340 Albert St.,
Suite 180, Ottawa
613-238-2872

Precision Styling
2269 Riverside Dr.,
Ottawa
Billings Bridge Plaza
613-523-6594

Texture Boutique
1884 Merivale Rd.,
Unit 8, Ottawa
613-226-8398

Spahara Day Spa & Hair Studio
150 Robertson Rd.,
Nepean
613-726-6399



WELLA PROFESSIONALS

©2012 Wella Canada, Inc., Mississauga, ON L5R 3M3 All Rights Reserved.

Iconic dress to tabletop classic

Statement pieces.
Fashion gives inspiration for a new keepsake china pattern

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Every year, hundreds of new tabletop trends make a splash when the doors at 41 Madison Avenue are thrown open for New York City's Tabletop Week.

This special week allows design trade, store buyers and the media to scour this trade-only building that houses the best of the best and everything to do with tabletop and entertaining products.

Hundreds of manufacturers host parties and events to entice the trade into their fantasy land of table fashion showrooms. Some of the tabletop trends shown are short-lived (remember black octangular glass dishes from the '80s and over-glazed pottery from the '70s?). Only a few live on to become tabletop classics.

One of the most elegant introductions this season was from the manufacturer Waterford, who has employed Monique Lhuillier (fashion designer to Hollywood icons like Katie Holmes and Angelina Jolie) to design a tabletop collection reminiscent of a dress she designed called Sunday Rose.

Soft platinum roses drawn on white china will be a tabletop tradition for years to come. Monique Lhuillier's Sunday Rose, $155/five-piece setting WATERFORDWEDGWOOD.CA

Presentation is everything

"There are no rules in putting a beautiful table together or mixing metals these days. I am a big believer that food presented well makes for a more joyous event."
Fashion designer Monique Lhuillier

What sets Lhuillier's collection apart from other fashion designers that create collections for the tabletop is that she draws her inspiration from classic elements of her designs and not the trend elements that could be short-lived on a dinner table.

Her tabletop collection called Sunday Rose (after her iconic dress) is positioned to be a classic for years to come as it incorporates clean lines and modern etchings mixed with the tradition of white china and platinum roses.

Lhuillier's Sunday Rose dress inspired her entire tabletop collection.
MONIQUELHUILLIER.COM

Could this replace Royal Albert's Old Country Roses (a bestseller for over 30 years) as a long-time classic china pattern? I think entertaining and fashion critiques alike would agree they'd be happy to dine with Sunday Rose for a very long time.

From bridal to table

A chat with Monique Lhuillier

The Sunday Rose Collection was inspired by one of your iconic dress designs; what inspired the dress?
My bridal collections celebrate romance and femininity with a modern twist.... I took my inspiration from a classic rose flower. I cut silk organza fabric and formed abstract flowers to create a bed of roses effect in the skirt. The textures felt so lush and beautiful and the dress was a runaway success.

What accent colour would you team with your classic white/platinum china collection?
I would accentuate it with blush pink; it's the colour of the moment. I would infuse the blush colour in an accent plate, add blush pink peonies to the floral centrepiece and a add blush linen napkin....Voilà! Colour!

With the popularity of gold tones emerging in home decor would it be wrong to mix gold and silver accents together?
I would add gold accents on flatware and the table decor like salt and pepper accents, place card holders... There are no rules in putting a beautiful table together or mixing metals these days. I am a big believer that food presented well makes for a more joyous event.

Fashion and product designer Monique Lhuillier. CONTRIBUTED

Do fitted sheets have you in a bit of a twist?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Last month, a reader of my column asked me for advice about how to avoid getting laundry stuck within her fitted sheets in the dryer.

To be honest, I really didn't know the answer to the question, so in my column I asked the question to my readers and got back some wonderful suggestions that I would like to share with you.

1. Christine wrote what I thought at first was the most obvious answer. "Dry the sheets separately from your clothing. I don't wash and dry my clothes and bed sheets together."

This makes total sense to me and this is the method I use at home. Just for fun, this was the most popular answer!

2. Bev from Toronto wrote, "Try safety pinning the corners together and then the subsequent four sides, to make a sort of balloon shape. This still allows the sheet to dry, but avoids the annoying problem. Of course large safety pins will be needed, which are available in some dollar stores and most sewing notions outlets."

I love this idea as well, but still think this is too much work and would much rather option #1.

3. Patsy wrote what I think is a truly fabulous suggestion, "If you include small item clothes such as socks and briefs, put them in a mesh laundry bag."

This is such a great idea; I think I am going to put this as a footnote for our laundry class at the Charles MacPherson Academy for Butlers and Household Managers!

Finally I spoke with Bonnie Aprile who is the executive housekeeping teacher at our butler school. She said that sheets and clothing should never be washed and/or dried together as their different sizes and fabric weights dry at different rates.

Thus the rule of thumb is like fabrics and like clothing size should be dried together, so that you do not over/under dry particular pieces.

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

Dryer games: socks and underwear often like to hide in your fitted sheets. ISTOCK

CALL NOW FOR A FREE ESTIMATE ON YOUR SUMMER DREAM PROJECT!
613-828-7686
Canlok Stone Inc.
Your Natural Stone Headquarters
VISIT OUR INDOOR SHOWROOM AND OUTDOOR DISPLAY AT
950 MOODIE DRIVE
2 KMS SOUTH OF HUNT CLUB ROAD • canlok.com
• UNILOCK® PAVERS
• NATURAL STONE PRODUCTS
• BOULDERS, DECORATIVE STONE
• PISA RETAINING WALL SYSTEMS
• STONE DUST, SAND
• GRANULAR A, TOPSOIL
• PINE MULCH
• STONE CUTTING
• ROLL-OFF BOX RENTALS
Find us on facebook
Unilock Authorized Dealer

Keep your closet organized

Expert help.
Author of Shop Your Closet helps us master the art of closet cleaning and how to overhaul our approach to getting dressed

TINA CHADHA
life@metronews.ca

Think about how nice those colour-coded racks look in your favourite clothing retailer. And then imagine how much easier it would be getting dressed in the morning if your own wardrobe were as organized instead of stuffed with old sweaters you haven't worn in years.

Remember how stressed out and irritated you get rummaging through tangled hangers for that blazer that was just staring you in the face days ago?

Melanie Fascitelli, author of Shop Your Closet, shows us how to organize.

Edit your wardrobe

"The first thing you need to do is get yourself a partner, someone you trust, to help you edit," says Fascitelli.

"This person is someone who is going to tell you the truth, whose style you admire and who has a good eye for your own personal style. Editing or culling your wardrobe is not only about finding things that you haven't worn in one or two years but also asking, 'Would I buy this today?'"

Colour code your clothes

Sort your clothes by colour and type. Keep pants with pants and skirts with skirts, and then organize each category from light to dark, says Fascitelli.

"This is a visual merchandising trick that makes your eye follow the colour. It's easier to get to your stuff this way."

Melanie Fascitelli. CONTRIBUTED

Re-use and recycle

Once you figure out what you're keeping and what's going, find a consignment store. "It's green — you're recycling your clothing," says Fascitelli, who likes Linda's Stuff on eBay. She also suggests giving directly to a charity.

It's all about the hangers

"The least expensive thing you can do to get your closet organized and cleaned up is to buy all the same style and colour hanger," says Fascitelli, who prefers using a neutral colour.

For her product line, Clos-ette Too, she says they spent years developing the perfect hanger.

"It's a skinny, soft hanger in five different styles for all different types of garments," she says of the end product. "And they have very short drops, so you're not just saving on horizontal space but vertical [too]."

Get rid of that bridesmaid dress already

"Editing or culling your wardrobe is not only about finding things that you haven't worn in one of two years but also asking, 'Would I buy this today?'"
Melanie Fascitelli, author of Shop Your Closet

To fold or to hang?

The general rule is "hang everything you can," says Fascitelli. If you don't have too much space on your closet rod, the items she specifically feels should be hung are coats, pants, dresses, suits, tailored shirts, silk blouses and gowns. The best items to fold are tees and delicates.

Closet savers

Fragrance satchels

Pretty storage boxes

Drawer liners

A family's search for the perfect cottage ends at McCreary's Beach Resort on Mississippi Lake.

The search for a family cottage isn't as easy as one might think. Its location, amenities, activities for the kids, and more importantly fitting the purchase into the family budget. Everyone has a favourite memory of spending summers at the cottage, and if you don't you must have heard a story or two.

The cottage experience is as Canadian as peameal bacon and real maple syrup and should be experienced by everyone at least once in their life. Sitting by a campfire roasting hot dogs and marshmallows, and making "smores" is a rite of passage for any young camper.

As we looked into cottages, we found it was quite simple to find something to rent, but what about ownership? The thought of being able to escape after a long week at work would be great, plus the kids having a safe and memorable place to spend their summers would be more than perfect.

After a lot of research, what we found is, that cottages can be very expensive to say the least. Gone are the days when I grew up, where a $20,000 investment got you a family cottage on the lake. The cottages we liked seemed to cost as much as our home if not more, with some over four hundred thousand dollars. The more we thought about cottage ownership, the more we realized it would mean two houses to maintain financially and physically. After all the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relax.

"Fractional Ownership" cottages were affordable but they have maintenance fees and we couldn't justify spending over one hundred thousand dollars for something the family could only use for only 4 or 5 weeks a year.

So what was the answer? McCreary's Beach Resort located on the banks Mississippi Lake was the perfect spot for my family. Approximately 30 minutes from Ottawa, McCreary's Beach Resort was one of the best waterfront properties we had come across.

It sounded all too good to be true, full ownership, maintenance free and activities for the kids...so what was the catch? We soon found out there wasn't one. After the resort tour, we knew McCreary's Beach was the perfect alternative for our family. We got a beautiful location on the water, a short drive from our home and a budget-friendly family "resort cottage" that we own.

"Resort Cottages" are the affordable way to own a family summer getaway. Neither a typical trailer nor a conventional cottage, these 3-season homes are beautifully furnished and professionally decorated with "at home" amenities including full-sized kitchens, 4-piece baths and large decks, perfect for relaxing on and you can get it all from $79,900 to $119,900. The Resort Cottages are available in one, two and three bedroom floor plans that can sleep up to eight people comfortably.

As owners we can take advantage of the activities and amenities the resort has to offer, from BBQ's, kids activities, fishing, boat rentals, outdoor pool and more! PLUS we can earn up to $10,000 renting our cottage out when we're not using it, with Ventura Resorts Rental Program!

Contact our friends at McCreary's Beach Resort by calling and arranging a site tour at **1-877-814-4141 or visit their website at www.mccrearysbeach.com.**

3 Season Resort Cottages on Mississippi Lake

- Limited waterfront available
- Fully furnished
- Professionally decorated
- 1, 2 or 3 bedrooms

$59,900

NOW FROM

$79,900

FROM

Other Resort Cottages Available Up To $119,900

McCREARY'S BEACH RESORT

Certain terms and conditions apply. Based on availablility. Prices do not include applicable taxes. O.A.C.

Book a resort and model tour now!

Call 1-877-814-4141. Visit www.mccrearysbeach.com

A sweet place for a little shade

DIY ideas. They're perfect for lazy afternoons with books, summer meals on hot nights or first kisses — install your own gazebo

On DIY Network's Yardcore, fraternal landscape professionals Jake and Joel Moss are ready to set up homeowners with the yard of a lifetime.

They only get a quick tour of the yard and a three-minute peek of the homeowner's interior to get clues, then they make it all happen in 48 hours — without ever meeting the homeowner!

One attractive and useful outdoor structure Jake and Joel may consider installing is a gazebo — perfect for outdoor dining and entertaining.

See the below steps for how to install a dream gazebo in your own backyard.

Assemble your materials

Gazebo kits are available at home improvement stores and can make this outdoor DIY project much easier. There are many different sizes and styles to choose from so be sure to compare options to determine what works best for you and your yard.

The manufacturer's instructions are included in the gazebo kit and many styles will come with their own flooring.

However, if you select a gazebo kit without flooring, buy some pressure-treated wood including posts and cedar planks. A naturally weather-resistant wood such as cedar is both functional and attractive.

Decking screws, a hammer, wrench, leveller, post-hole auger and saw will be helpful to have on hand along with landscape marking paint.

Laying the groundwork

Using the landscape marking paint, mark the desired position of the gazebo posts. Remove any plants from the area.

If you're building the deck-flooring yourself, begin by using the posthole auger to dig holes for the posts, about 30 inches into the ground. Next, place the posts into the ground and fill the holes with quick-setting concrete mix and water to hold them steady.

Install the deck frame by connecting the posts with the cedar planks using the decking screws. Remember to wear safety goggles and gloves when cutting boards to size.

Use the leveller to ensure the frame is level and be sure to support the deck's framing with joists in the centre. Add a centre post and cross supports and finish laying the cedar plank flooring.

Assemble the gazebo

Once the deck flooring is complete, assemble the gazebo and attach it to the flooring. Again, the gazebo kit will contain detailed installation instructions and will make construction much easier.

As a basic guideline, fit the tongue and groove boards together to build the walls and secure them with screws. Next, assemble the roof and add the shingles.

Now that the gazebo is built, secure it to the floor boards with screws. Bring out a table and chairs and begin enjoying your outdoor entertaining haven!

YARDCORE PREMIERES FRIDAY JUNE 1 AT 9 P.M. ET/PT ON DIY NETWORK CANADA

Gazebos are like the grown-up version of the tree house. ISTOCK IMAGES

sohowest

Executive Townhomes

550/552 Barrick Drive Kanata 613-435-5400

Monday to Tuesday 1:00 to 8:00 pm
Friday to Sunday 12:00 to 5:00 pm

30 1982 2012 Valecraft Homes Ltd.

WWW.VALECRAFT.COM

BRADLEY ESTATES
MER BLEUE ORLEANS

Executive Townhomes, Bungalow & Single Family Homes

217 Ziegler St. Gloucester 613-830-6955

Monday to Tuesday 12:00 to 7:00 pm
Friday to Sunday 12:00 to 5:00 pm

Pick up a hammer or pack up a moving box?

Just how rooted are you? New show Reno vs. Relocate explores difficult dilemma faced by homeowners

Real estate agent Vanessa Roman, right, and designer Robin Lewis try to help bewildered homeowners find solutions in Reno vs. Relocate. The show premiered Monday on HGTV. NATHAN DENETTE/THE CANADIAN PRESS

The dream of home ownership can go awry as time moves on when a house that once was a perfect fit suddenly falls short of meeting your evolving needs.

Whether coping with increasingly cramped quarters as families expand or simply tiring of dwelling in outdated surroundings, many homeowners grow keen to scratch the itch to shape up their property or ship out.

So should you stay or should you go? Designer Robin Lewis and real estate agent Vanessa Roman seek to help befuddled homeowners find the solution in Reno vs. Relocate, which premiered Monday at 9 p.m. ET on HGTV.

"The first thing that we do is take an assessment of exactly what it is that they need in the space, how the space functions, but more importantly, how it's not functioning for them," Lewis said in a recent interview.

Homeowners are able to see a graphic simulation of a renovated home from Lewis, while Roman offers a tour of a new home better equipped to meet their needs. After seeing both options, a choice is made to either opt for a makeover or move.

One of the debut episodes features Sarah and Marc with a tiny kitchen and constant congestion on their home's main floor, coupled with limited work space.

After eight years in the home, and now with two kids, Marc is ready for more spacious surroundings closer to his office. Sarah favours going the reno route, preferring to stay closer to friends, school and her work. The couple is willing to shell out $40,000 for a potential renovation or $600,000 for a new home.

In a hot, expensive market, it may not be possible to afford to remain in your current neighbourhood in a bigger property or to move to a better area, said Roman. In that case, renovation becomes your lone option.

However, in markets where housing is more affordable, it's very easy to pick up and move versus staying and undergoing a massive reno, she noted.

"Renovations are fantastic, especially because people these days really are trying to find a home — not just a shell to live in," said Roman. "They want to stay in the same property because they develop a network of friends in the neighbourhood, their children are going to school, they have amenities that are close by.

"Sometimes, as much as you love a property, short of knocking the house down and building something new, it's not going to work. So moving then becomes a very viable option."

For those primed for a new property, Roman said the old adage of "location, location, location" still holds firm as the No. 1 consideration. But she also encourages homeowners to imagine how the property will be amenable to their needs in the short and longer terms.

"You have to imagine the space three years from now, five years from now, 10 years from now," she said.

"Robin and I could buy a house together and 1,100 square feet is great. Six children later? A little small. And you don't necessarily want to move."

While weighing up the decision to renovate, Lewis said the parameters of your budget should set the course of action — and you shouldn't deviate from it. He also suggests itemizing a top-down to-do list.

Whether you're sprucing up a home for sale or staying put, Lewis and Roman say there are simple, affordable ways to make changes.

Both agree paint is a quick, cost-efficient option, but Lewis cautions against splashing any old colour on the wall.

"When you're considering how to paint a room, people look at the paint colours in isolation, by themselves. Look at what's going to be in that room," he said.

"Look at what's going to be outside the window, look at how you're going to want to use that room, how you want it to feel, and then make the decision on the paint from there." That includes factoring in furniture and other complementary colours in palette, he added.

THE CANADIAN PRESS

Cramped quarters

There are tricks you can use to carve out a little extra wiggle room.

- **Dual purpose.** One of the basements renovated in the series needed to double as a play space and bedroom for guests.
- **Conceal it.** Lewis came up with the idea of installing a wall bed that folds away when not in use.
- **Sneaky storage.** "Another thing is just simple trays underneath your bed or underneath your couch gives you the ability to store smaller items," said Lewis. "It's all pretty straightforward if you just use your noggin."

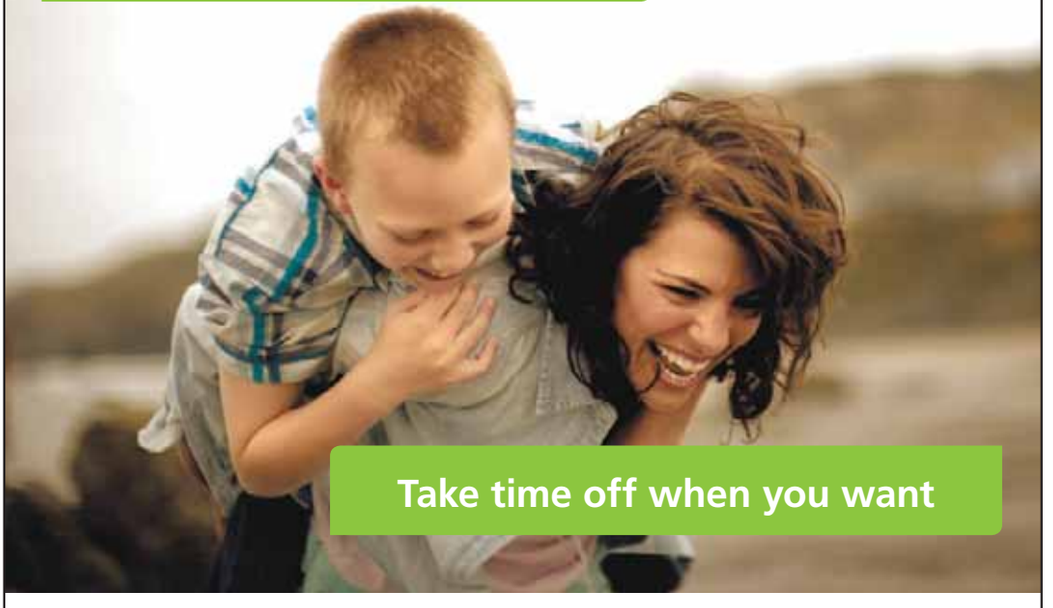
Making it work

"Renovations are fantastic, especially because people these days really are trying to find a home — not just a shell to live in."

Designer Robin Lewis

TD Canada Trust

Pay a little more towards your mortgage each month



Take time off when you want

Take a Payment Vacation

Find out how to take advantage of new flexible mortgage features today.

We know how important managing your mortgage is. We also know how important it is to live life to the fullest. That's why a TD mortgage offers a range of flexible features that helps you balance both.

Take our Payment Vacation. With it, you arrange to pre-pay a little more each month and work towards the opportunity to take time away from your mortgage payments when it benefits you the most.[1] Staying at home with a new baby, finishing that degree, taking a sabbatical or something else entirely – the choice is yours.

Get in touch with us today to discuss how our flexible mortgage features can help you get the most out of life.

www.tdcanadatrust.com/home 1-888-632-9469

Banking can be this comfortable

[1]Subject to approval. Conditions apply. ®/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

A whimsical owl sculpture is ideal for the garden CEDAR BURNETT/THE ASSOCIATED PRESS

'Adding art to your garden is an extension of your identity'

A touch of whimsy. Found objects and fairies complement your plants and give your backyard a little magic

I feel like Alice in Wonderland. Sprinting past an alligator drinking a soda pop and a T-Rex playing guitar, I lean toward a family of colourful metal toadstools that come to my knee.

"Aren't those great?" asks Jim Honold as he ushers me through a forest of recycled oil drum statues at his Home & Garden Art store.

I've come to this Disneyland for gardeners seeking inspiration for easy ways to add whimsy to gardens, and Honold is giving me the rundown.

"Adding art to your garden is an extension of your identity," he says as we brush past a murder of concrete crows. "You decorate the inside, why not the outside? Any personality, any hobby, can be represented — classical, funky, seasonal — you name it."

Looking around, it appears

Lawn art

"There's no right or wrong way to do it. Gardens are so personal — you can use them to express yourself in any way."

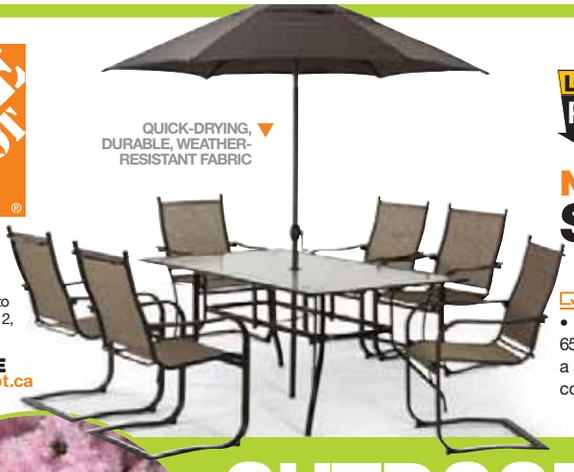
Landscape designer Nick McCullough, based in New Albany, Ohio

THE HOME DEPOT®

More saving. More doing.®

Valid Thursday, May 31 to Wednesday, June 6, 2012, unless otherwise noted.

FIND MORE at homedepot.ca



QUICK-DRYING, DURABLE, WEATHER-RESISTANT FABRIC

LOWER PRICE

NOW $398 WAS $449

Freemont 8-Piece Patio Set • Includes 6 sling chairs, 65"L x 40"W dining table and a 7-1/2' market umbrella • Steel construction (1000676000)

LOWER PRICE

NOW $499 WAS $599

MARTHA STEWART LIVING™ Cooper Lake 4-Piece Deep Seating Set • Includes cushioned love seat and 2 motion chairs, slat top coffee table with tempered glass and 4 lumbar pillows (1000708771)

OUTDOOR LIVING STARTS AT

SPECIAL BUY SAVE 20%

$7.88 each/WAS $9.99

OPTIMUM

OPTIMUM Perennials • 17cm pot • Available in many varieties and colours While quantities last.

SPECIAL BUY

$7.88 each

Hanging Basket • 10" pot While quantities last.

SPECIAL BUY SAVE 38%

$4.88 WAS $7.99

GROWS PLANTS TWICE AS BIG™

MIRACLE-GRO® Premium Potting Mix 0.14-0.14-0.14 • 27.5L • Specially formulated to grow flowers and plants in pots (1000125090) While quantities last.

Limited time or while quantities last. Offer valid at The Home Depot Canada. Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See Store Associate or Special Services Desk for details or visit homedepot.ca. Prices may vary after Wednesday, June 6, 2012 if there are any market variations. We reserve the right to limit quantities to the amount reasonable for homeowners and our regular contractor customers.
MARTHA STEWART LIVING™ and the MARTHA STEWART Circle Logo™ are trademarks of Martha Stewart Living Omnimedia, Inc. Copyright © 2012 Martha Stewart Living Omnimedia, Inc. All rights reserved.

Grow beautiful flowers, not aches and pains

Before you dig. The right tools and some light stretching can stop you from throwing out your back

Lugging bags of potting soil, turning compacted flower beds and pulling hard-to-reach weeds offer plenty of exercise, but when these tasks are done incorrectly they can result in stiff and sore joints along with muscle, neck and back pain.

Chiropractors and other specialists who treat people for aches and pains often see a surge in business after the weekends from people who try to get all their gardening done in one go.

"I equate it to the weekend warriors because as soon as you get the nice weather, you see all the flowers everywhere and you go, 'I'm, just going to do it all at once,' which is not the right way to go about it," said Dr. Natalia Lishchyna, president of the Ontario Chiropractic Association.

"Within about a three-week period, from Victoria Day until about mid-June when everybody is getting all their flowers in and gardening done, that's typically the time where you hear about their aches and pains," said Lishchyna, who runs a chiropractic clinic in Oakville, west of Toronto.

The association's public awareness program, called Plant and Rake Without the Ache, was launched because chiropractors were seeing so many patients with aching backs from gardening.

The most common injuries are back strains from lifting and reaching and repetitive strain injuries in the wrist and in the elbow because of the planting action.

Before starting yard work, Lishchyna recommends warming up. "I like to walk around the neighbourhood for 10 to 15 minutes, a brisk walk around. I get inspired by the flowers, the trees and the bushes so that gives me a nice warmup and then I'll come home and do the stretches," she said in a telephone interview.

The legs, back, shoulders, arms and wrists are used the most in gardening. Exercises with diagrams can be found on the Ontario Chiropractic Association website, chiropractic.on.ca.

"As people are doing yard work we want them to take breaks, reasonably three an hour," Lishchyna recommended. "Just to get up to stretch, go get a drink, sit down for a moment, enjoy what you've done so far and then get back to your work,"

THE CANADIAN PRESS

Don't 'just do it'

"We do want people to consider it a form of exercise and it's a great form of exercise, but you've got to pace yourself to prevent the stiffness, soreness and injuries that can typically happen when you're not doing it right."

Dr. Natalia Lishchyna, president of the Ontario Chiropractic Association

A garden fairy house adds a touch of supernatural to this space. SALLY J. SMITH/GREENSPIRIT ARTS/THE ASSOCIATED PRESS

he's right. There's the giant metal umbrella coat-stand for a classy infusion of humour; a multitude of hobby-inspired birdhouses; four-foot metal lobsters for fishing enthusiasts with no attachment to subtlety; and an old tricycle planter box aimed at the nostalgic set. Everywhere, whimsy abounds.

But how do you actually start adding lawn art to an outdoor living space?

"Instead of throwing stuff in the attic or garage, put it out in the open," Honold says.

He suggests displaying old garden tools, metal toys, or wine glasses and decanters. Chipped plates can find new life in concrete stepping stones, and wooden kid-size furniture always adds a nice touch. "Focus on what's readily available or representative of your area," Honold adds.

"Coastal areas might have fishing nets and glass floats, and places close to rural communities will have farm equipment." In Washington state, he says, "people bring us old saws and ask us to laser-cut their name or address on them."

CEDAR BURNETT/THE ASSOCIATED PRESS

Start with the unexpected

For a big splash, Honold recommends an artistic gate.

- **Set the tone.** Whether installing custom wrought-iron doors with elaborate scenes on them or simply taking a can of bright red paint to a basic home-store model, gates can reflect personality of the house.
- **Welcome.** "Think about all the things a gate can say," Honold says. If the message you're trying to send is "we're magical," find ways to add fairy elements to your garden. For kids and anyone with more than a passing fancy for Harry Potter, there's nothing quite as charming as coming across traces of pixies in the yard.

$69

Burlingame 36" Dining Table • Steel mesh tabletop • **1-year limited warranty** (1000708774)

$29.87

Steel Sling Chair • Steel construction with a powder coated finish provides a sturdy frame (1000708769)

THE HOME DEPOT

SPECIAL BUY

625 sq. in. of total cooking area

$198

BROIL-MATE™ 3-Burner Propane Gas BBQ • 45,000 BTU Stainless Steel tube burner system (1000682911)
While quantities last.

SPECIAL BUY

$999

NO INTEREST +IF PAID IN FULL WITHIN 12 MONTHS See in-store for details.

Summit Shed • 8'W x 9'D x 8'H • Includes floor panels – sturdy, steel-reinforced construction (1000730181) **While quantities last.**

THIS WEEK ONLY Thursday, May 31 to Wednesday, June 6, 2012

THE HOME DEPOT

power into summer event

UP TO $400 INSTANT SAVINGS‡

with in-store coupon on **ANY** single or combined in-store purchase of ALL OUTDOOR POWER EQUIPMENT AND PRESSURE WASHERS
Minimum purchase of $100 required.
‡Purchase can be in any one category or combination of categories. See in-store for details.

LOWER PRICE

NOW $299 WAS $319
+$50 instant savings
LAWN-BOY® 20" Push Lawn Mower • Kohler® engine (1000681114)

LOWER PRICE

NOW $249 WAS $289
+$50 instant savings
ECHO® 17" Straight-Shaft Gas Trimmer • 21.2cc 2-cycle engine • I-30 starting system for easy startup (1000541748)

LOWER PRICE

NOW $199 WAS $219
+$25 instant savings
HOMELITE® 1700 PSI HydroSurge Pressure Washer • 1.3/3.0 GPM (1000654538)

LOWER PRICE

NOW $1549 WAS $1649
+$200 instant savings
JOHN DEERE D100 17.5 HP 42" Lawn Tractor • Single cylinder • Briggs & Stratton® engine (1000678002)

NO INTEREST +IF PAID IN FULL WITHIN 12 MONTHS See in-store for details.

Dr. Natalia Lishchyna poses with some recommended gardening tools. TERRY LISHCHYNA/HANDOUT/THE CANADIAN PRESS

Plant safe

Here's a few tips to protect your body when gardening

- **Buy.** Look for ergonomically designed tools with padded handles to cushion hands and prevent the need for a tight grip.
- **Alternate tasks.** "Till a bit of soil, then start with planting, then come back to the turning over of the soil... If you've got a big garden and you try to turn over all the soil at once, this is where you really start to strain yourself."

Dr. Natalia Lishchyna, president of the Ontario Chiropractic Association, shows proper form for gardening. TERRY LISHCHYNA/HANDOUT/THE CANADIAN PRESS

Mrs. Obama and the little garden that could

American Grown. First lady hopes to draw inspiration in her new book on gardening at the White House

From the beginning, Michelle Obama's kitchen garden has been an overachiever, churning out more peppers, parsley and eggplant than expected, and generating interest that — yes, really — crosses oceans.

Now, the first lady has added a 271-page book to her gardening resumé, and Americans can read all about the planting misses that came with the hits, get tips on gardening at home, and, Mrs. Obama hopes, draw some inspiration that just might change their lives. Oh, and if it happens to help her husband's re-election campaign, that would be nice, too.

Lofty goals for a book about a garden.

Quoted

"Just as each seed we plant has the potential to become something extraordinary, so does every child."

Michelle Obama, on her hopes for the nation's children

In American Grown: The Story of the White House Kitchen Garden and Gardens Across America, Mrs. Obama holds out the raised vegetable beds on the South Lawn as "an expression of my hopes" for the nation's children. "Just as each seed we plant has the potential to become something extraordinary, so does every child," she writes.

The $30 book, released Tuesday by Crown Publishers, traces how a city kid from the south side of Chicago who became a working mother and then a political spouse found herself fretting on that first planting day, March 20, 2009, about whether an L-shaped stretch of soil would prove fertile ground for a national conversation "about the food we eat, the lives we lead, and how all of that affects our children."

The book, which answers that question with a resounding yes, arrives just in time for her husband's re-election campaign.

And while the book is decidedly non-political, that fits perfectly with the Obama campaign's view that the first lady can do her husband a world of good simply by pushing non-threatening causes such as healthy living that have made her a far more popular figure than the president himself. Mrs. Obama's favourability rating in the latest AP-GfK poll was 70 per cent, compared with 58 per cent for her husband.

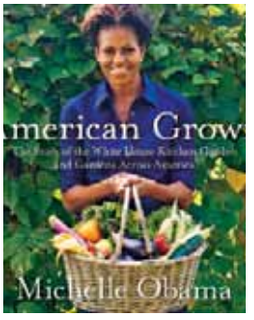
The book is chock-full of colourful, glossy photos of luscious-looking vegetables, complete with a cover picture in which the first lady's blouse seems to be colour-co-ordinated with the eggplants in her bulging basket of produce. Bo, the popular family dog, gets plenty of cameo appearances.

There are stories about community gardens around the country — even a how-to on creating a compost bin.

The book is divided into four sections marking the seasons, and includes a complement of recipes for each.

There are inside stories about planting travails that will ring true with any weekend gardener: pumpkins that wouldn't grow, cantaloupes that tasted blah, blackberry bushes that wouldn't play nice with the raspberry bushes and an invasion of cucumber beetles, among them.

THE ASSOCIATED PRESS



Advancing a cause

It has become tradition for first ladies to use books to advance their causes.

- Hillary Clinton wrote the bestseller It Takes a Village, about the importance of community in raising children; and Laura Bush collaborated with daughter Jenna on a picture book about a reluctant reader, with Read All About It!
- This is Michelle Obama's first book. She got no advance payment, and plans to donate all her proceeds to the National Park Foundation for programs that promote gardening and healthy eating, and to help care for the White House garden.

First lady Michelle Obama gets help from fifth grade student Sterling Zapata in filling a basket with peppers in the White House garden in Washington.

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

AIR MILES Travel and More
Fleurs & Pépinière j.a. Laporte Flowers & Nursery
EASTERN ONTARIO'S LARGEST GARDEN CENTRE
PEONY PERENNIALS
HANGING BASKETS
ROSES
GERANIUMS
TOMATO PLANTS
Fleurs & Pépinière j.a. Laporte Flowers & Nursery
1211 Old Montreal Rd, Orléans
613-833-2316
Visit us online at www.laportegardens.com and subscribe to our newsletter
Follow us:
Hours:
Mon-Fri 8–8 • Sat 8–6 • Sun 9–5
to Ottawa Hwy 174
Place d'Orléans
Tenth Line Rd.
Trim Rd.
Laporte Nursery
Old Montreal Rd.
We're located 5 minutes east of Place d'Orléans shopping mall.

There's more to pomegranates than health drinks and fancy cocktails

Are you over the pomegranate trend yet?

If so, you might want to revisit it once more. This time it's pomegranate molasses, a thick, syrupy concentrate that is sweet and tart and as delicious as it sounds.

If you take the unsweetened juice and boil it down until it is thick and syrupy, you have pomegranate molasses, a popular flavouring in Middle Eastern cooking. Pomegranate molasses once was unheard of outside of ethnic markets, but today can be found in the international aisle of most larger grocers.

And if you can't find it, it's easy enough to make. Buy a bottle of pomegranate juice (or juice concentrate), then boil it until it has reduced and become thick.

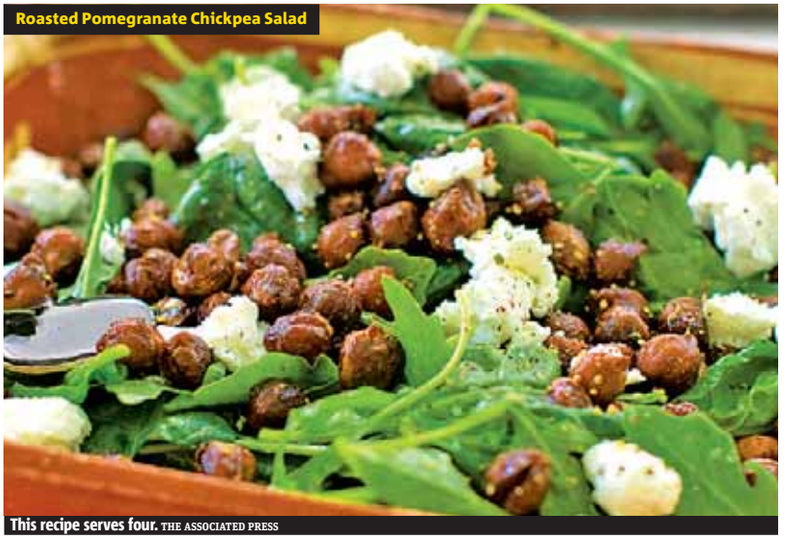
The thick, deep-red syrup has an intensely sweet-tart flavour that pairs surprisingly well with savoury dishes, especially grilled meats. Pomegranate molasses and walnuts are a classic flavouring for poultry.

Opened bottles can be refrigerated for long periods. But it's not likely to sit around for long. You don't need to love Middle Eastern food to love what pomegranate molasses can do for the foods you already love.

Ingredients

- 3 tbsp pomegranate molasses
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 15-oz cans chickpeas, drained
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Ground black pepper
- 4 cups arugula
- 2 cups baby spinach
- Kosher salt
- 4-oz log soft goat cheese

Roasted Pomegranate Chickpea Salad



This recipe serves four. THE ASSOCIATED PRESS

1. Heat the oven to 450 F. Line a rimmed baking sheet with parchment paper.

2. In a medium bowl, whisk together the pomegranate molasses, garlic powder, salt and pepper. Add the drained chickpeas and toss to coat evenly. Arrange the chickpeas in an even layer on the prepared baking sheet. Roast for 15 minutes, or until the chickpeas are dried and starting to get crunchy. Remove the chickpeas from the oven and set aside to cool.

3. Meanwhile, in a large bowl whisk together olive oil and lemon juice. Season with pepper, then add the arugula and spinach. Toss to coat.

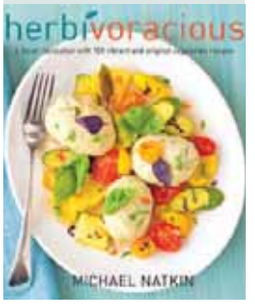
4. Divide the greens between four serving plates, then sprinkle each with kosher salt. Divide the chickpeas between the salads, then top with crumbled goat cheese. THE ASSOCIATED PRESS

Book review

Recipes for the savvy herbivore

Michael Natkin's Herbivoracious and its 150 recipes usher in a new generation of meatless cooking. With 80 colour photos, Natkin illustrates how vegetarian food can be intensely flavoured in a way that will appeal to readers with a sophisticated and adventurous global palate.

The author provides advice on how to craft vegetarian meals that deliver nutrients and complementary flavours. Among the recipes are: Portobello and Summer Squash Lasagna, Jamaican Rice and Peas, and Chocolate Chunk Bread Pudding. METRO



Rhubarb gets decadent with dulce de leche

Dulce de leche, a thick, caramel-like spread, is popular in South American desserts. These individual ice-cream cakes incorporate dulce de leche and are topped with honey-coated roasted rhubarb and apples. For extra decadence, drizzle with additional warmed dulce de leche.

1. Line 6 muffin cups with paper liners. Spoon 2 ml (1/2 tsp) of the crumbs, then 7 ml (1 1/2 tsp) of the dulce de leche into each cup. Spoon in ice cream, packing lightly; smooth tops. Spread remaining dulce de leche on top; sprinkle with remaining crumbs. Cover and freeze until firm, about two hours or for up to two days.

2. Sauce: In a shallow 2-litre (8-cup) glass baking dish, combine rhubarb, apple and honey; bake in a 190 C (375 F) oven for 25 minutes or until apples are tender. Add vanilla with a potato masher, crushing fruit. Let cool until warm or cover and refrigerate until cold.

3. To serve, divide half of the sauce among individual dishes. Remove liners from ice cream cakes and place ice cream on sauce. Spoon remaining sauce over top. THE CANADIAN PRESS

Ingredients

- 30 ml (2 tbsp) graham wafer crumbs
- 90 ml (6 tbsp) prepared dulce de leche or caramel sauce
- 500 ml (2 cups) softened vanilla ice cream
- 625 ml (2 1/2 cups) chopped fresh rhubarb (cut in pieces)
- 1 apple
- 90 ml (6 tbsp) liquid honey
- 2 ml (1/2 tsp) vanilla

大統華 T&T
Promotion Period: Jun 1 - Jun 7, 2012 Ottawa Store only

Dragon Boat Festival : 6/23/2012
CELEBRATE
DRAGON BOAT FESTIVAL
WITH RICE DUMPLINGS

Dragon Boat Festival is celebrated in memory of Chiu Yuan, a famous patriotic poet during Chu dynasty; he was well respected by the publics for his upright personality. In order to prove his honesty and as a form of protest against the corrupted dynasty, he plunged himself into the river. The locals jumped into their boats and rushed out to search for him. To prevent his body from being eaten by the fish, they beat the water furiously with their paddles and threw rice dumplings wrapped in silk into the river to distract the fish.
Because Qu Yuan died on the fifth day of the fifth lunar month, people decided to commemorate him on that day every year. Dragon boat racing and eating rice dumplings have become the central customs of the festival.

4 DAYS ONLY Fri, Sat, Sun, Mon
Lychee Product of China 3.98 /lb 8.77/kg
4 DAYS ONLY Fri, Sat, Sun, Mon
Ataulfo Mangos Product of Mexico 9.98 /box
4 DAYS ONLY Fri, Sat, Sun, Mon
Chicken Wings Fresh 2.28 /lb 5.03/kg
While Quantities Last
4 DAYS ONLY Fri, Sat, Sun, Mon
Atlantic Salmon Fillet Fresh 5.99 /lb 13.21/kg

SAVE $1.09 Selected Varieties
Mochi Egg Tarts 2/1.09
SAVE $3
Sakura Sushi Party Tray 600g 9.99 /ea
SAVE 70¢
T&T Frozen Cassava Cakes 180g Red Bean w/ Green Tea & Taro w/ Jelly 1.99 /pk
SAVE $2.01
Saporito Canola Oil 3L 4.98 /btl

Chef's Pick
Supreme Abalone & Fish Maw Seafood Rice Dumpling 1000g
$19.88 /ea
From select top grade abalone, dried squid, dried fish maw, dried scallops, dried oysters, chestnuts, sausage and other fine ingredients. You can taste all the delicacies in each bite.
10% Off *Limited to a single purchase of 8 pieces or more at T&T Gourmet (in one receipt)
Please visit our store or T&T website for more selection.

Quantities and/ or selection of items may be limited and may not be available in all stores. No rain checks or substitutions.
Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Descriptions take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.
9am - 9pm (Sat - Thurs)
9am - 10pm (Friday)
Join us on Facebook (Search for T&T Supermarket)
Follow us on Twitter @TTSupermarket
www.TnTsupermarket.com
224 Hunt Club Road, Ottawa, ON. K1V 1C1 613-731-8113

SPECIAL INFORMATION FEATURE

Brothers in arms

Local brew. Beer is the focus and creativity is the king at Brothers Beer Bistro in the Market

JEFF O'REILLY
For Metro

Now that the beautiful weather is here to stay, the hustle and bustle of the ByWard Market is always inviting, and if you are looking for a different beer experience you should head to the corner of George and Dalhousie and check out Brothers Beer Bistro.

With a small but assertive menu that takes "gastropub" up a notch to "bistropub" and features dishes cleverly prepared with beer and presented with recommended pairings, beer is the focus here and creativity is king. The space is warm and comfortable and the staff is enthusiastic and knowledgeable about what they are serving. Their draft lineup is impressive, making the most of their 16 taps. They provide unusual and hard-to-find offerings, getting away from the "everyday" beers to provide a good representation of best-in-class styles.

Here are a couple beers you should try if you visit.

On tap: Rosée d'hibiscus from Montréal's Dieu Du Ciel (5.9 per cent alcohol by volume) pours a brilliant, opaque fuchsia with tight bright white head. Aromas of tropical flowers, wheat and citrus lead to flavours of fresh wheat, rich citrus, sweet hibiscus, and spicy yeast with a nice malt balance. Juicy, medium-bodied fullness, very smooth, slightly acidic with a tart lingering finish. Very nice indeed.

In bottle: For a real treat you simply must try Young's Banana Bread Beer (also in very small supply at the LCBO).

It pours a bright, copper orange with thick, rocky foam cap. The aromas of freshly baked banana bread are remarkable and the flavours will remind you of mom's baked goods — sweet, ripe banana, caramelized sugars, and vanilla are very bready and dessert-like. Smooth, sweet and very drinkable, this is definitely dessert in a glass.

Mondial de la Bière

- **Alcoholiday?** The 19th annual Mondial de la Bière will take place June 6-10 at Place Bonaventure in Montreal. The festival serves up more than 700 different beverages from around the world, including almost 300 making their first ever appearance — seems worth a short trip don't you think? For more information, see festivalmondialbiere.qc.ca/.

Hard-to-find offerings

"Their draft lineup is impressive, making the most of the 16 taps they have. They provide unusual and hard-to-find offerings, getting away from the 'everyday' beers to provide a good representation of best-in-class styles."

Brothers from another mother, Pat and Nick, raise their glasses to the newly opened Brothers Beer Bistro with some beautiful beers from Dieu Du Ciel. JEFF O'REILLY/FOR METRO

$5 LIBATIONS
SUNDAY – WEDNESDAY
Feature Wine, Domestic Beer and House Cocktails
at a special price for a limited time!
and try our SMALL PLATES MENU
special pricing during VOODOO HOURS!
Big Daddy's
Bourbon Street Bistro
& Oyster Bar
AVAILABLE ONLY IN OTTAWA – 780 Baseline Road – 613-228-7011
WWW.BIGDADDYS.CA

A rebel with a tasty cause

Healthy offerings.
Green Rebel offers a fresh food revolution

SAMANTHA EVERTS
For Metro

A tofu salad, foreground, and the Rebel Club at the Green Rebel. SAMANTHA EVERTS/FOR METRO

Ottawa's Green Rebel has a concept that Jamie Oliver could get behind: Fresh, nutritionally dense food that is also delicious.

All sandwiches are available on whole wheat ciabatta, flatbread or fajita. The very friendly server was unaware of which veggies were organic or if any of the dressings were made in-house, but highly informed when it came to gluten-free options.

Unfortunately, during our first visit, we got the last scrapings of spinach spring mix that was drowned in light balsamic dressing, which went along with the portobello and roasted red pepper salad. The mushrooms, though placed in a warmer, were cool once they hit the salad and in long awkward shapes. The feta melted everywhere, overwhelming the flavours and there were few peppers.

On return, we opted for the Rebel Club, with slices of roast turkey, bacon (not too crispy), Pine River Cheddar and tangy, mango chutney folded beautifully into a flatbread and served with a big pickle.

The Thai-style tofu salad had a good mix of veggies to lettuce, despite their running out of spinach. The tofu was browned lovely and extra bread sticks were tossed in. The tangerines tasted tinned despite their 70 fresh ingredients to mix and match.

The higher price for the menu items may be forgivable for their environmental initiative — all recyclable packaging and powered by green energy. Salad portions are generous, making it obvious you are getting your daily veggies, but expect to pay about $10 per salad.

For gluten-intolerant folks, all the salads can be made gluten-free. The same goes for any veggies; meat can be substituted for their lentil or quinoa salad mix.

Expect lines at lunchtime as they are only open during breakfast and lunch weekdays.

The Green Rebel has locations at 340 Albert St. and 99 Bank St. For more information, see greenrebel.ca.

Picton is hosting the ultimate cheese spread

Calling all cheese lovers! Melt away all thoughts of your "to-do" list this weekend and head to Picton for the second annual Great Canadian Cheese Festival.

Hosted by Cheese Lover Productions, more than 45 artisan cheese makers from coast to coast are scheduled to attend, along with renowned Canadian celebrity chefs, cheese experts, winemakers, brewmasters and cider makers.

Tuck in for a full day Saturday or Sunday at the Artisan Cheese and Fine Food Fair located in the historic and picturesque Crystal Palace. Each table features a different cheese maker offering chunks of cheeses to sample.

More than 125 cheeses will be showcased, which is quite a spread.

During your delicious discovery to find your new favourite cheeses, nibble, meet and learn from the people who have handcrafted each round of cheese. They are more than likely the same people who milk the cows, goats and sheep, too! To top it all off, you can purchase the cheese.

And when you need a break from all of the grazing, sampling and sipping, grab a seat in one of the tutored tastings to learn more about the artistry of cheese making from Canada's top cheese experts, including Savvy Company's own cheese sommelier Vanessa Simmons.

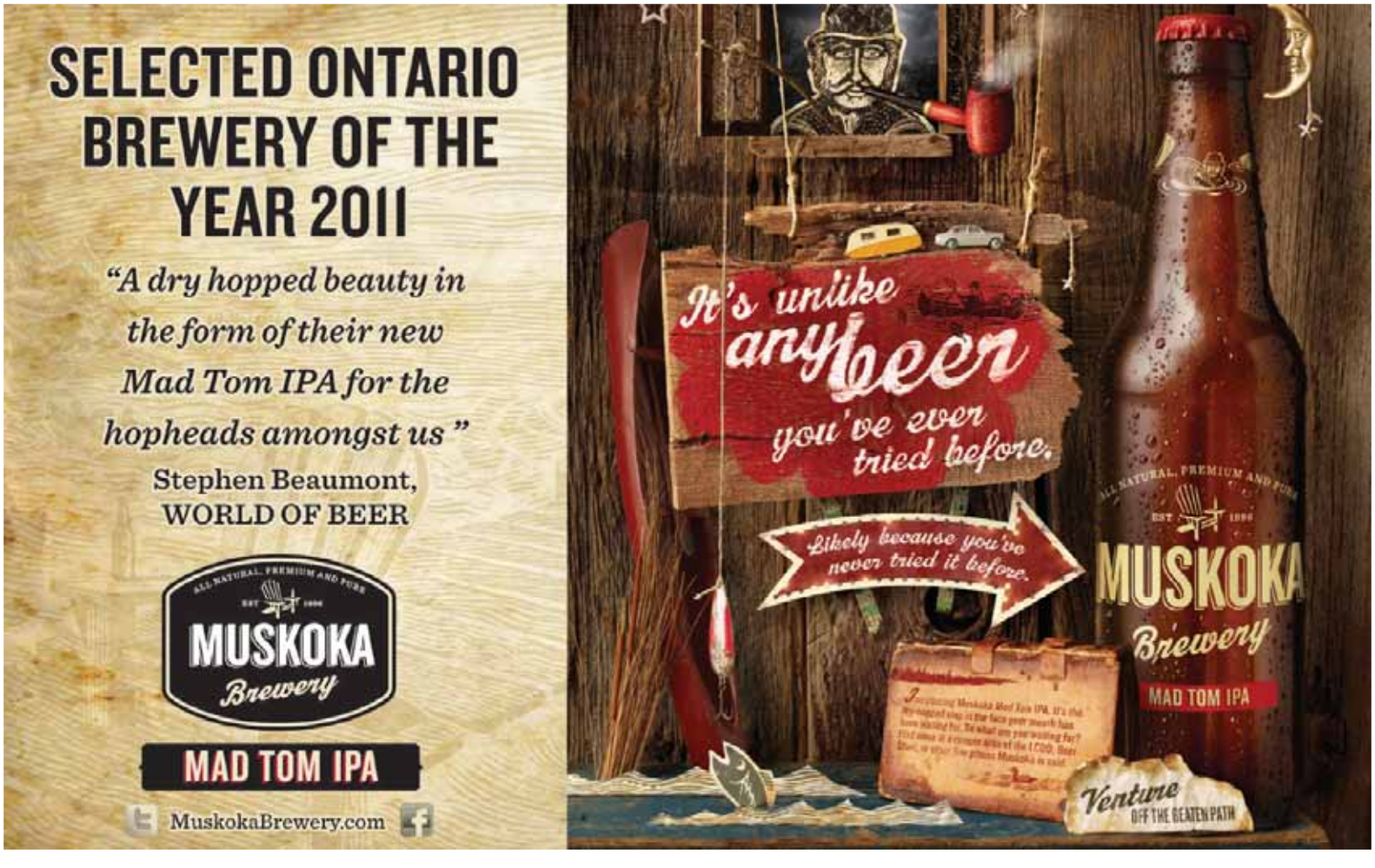
Wine, beer and cider go great with cheese, so grab a glass to enjoy the flavours the pairings make.

Grab the kids and head to Picton this weekend. It's only a three-hour drive from Ottawa. Take the 401 straight there or try the scenic route along the Loyalist Parkway and take the Glenora Ferry across for a taste of Prince Edward County.

For more information about the festival, which begins Friday and runs through to Sunday, see cheesefestival.ca.

DEBBIE TRENHOLM

FOR MORE, SEE SAVVYCOMPANY.CA.


SELECTED ONTARIO BREWERY OF THE YEAR 2011
"A dry hopped beauty in the form of their new Mad Tom IPA for the hopheads amongst us"
Stephen Beaumont, WORLD OF BEER
MUSKOKA Brewery
MAD TOM IPA
MuskokaBrewery.com
It's unlike any beer you've ever tried before.
Likely because you've never tried it before.
MUSKOKA Brewery
MAD TOM IPA
Venture OFF THE BEATEN PATH

4

SPORTS

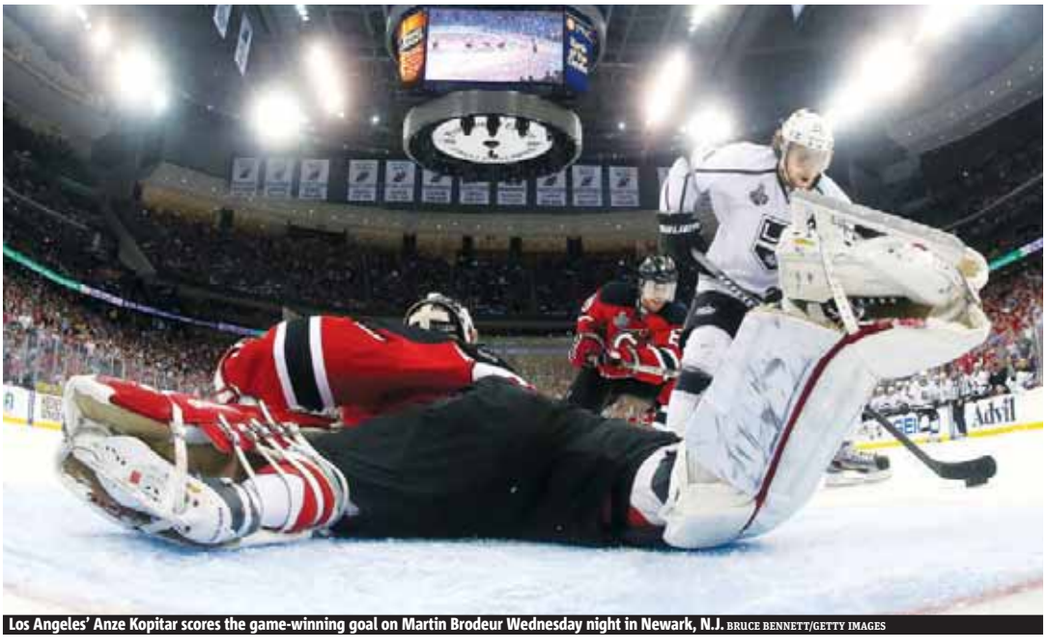
Basketball

Ontario cities lining up to join NBL action

The National Basketball League of Canada is eyeing significant growth for its second season. The professional circuit, which featured seven teams in 2011-12, received five applications for expansion franchises prior to Wednesday's deadline. Ownership groups in Ottawa, Mississauga, Kitchener, Windsor and St. Catharines are all hoping to have teams when the 2012-13 season opens next fall. MATTHEW WUEST/METRO

On the web

The European Championship gets underway next week and UEFA officials are trumpeting it as "a true celebration of football in a festive environment." But there's still a troubling undercurrent of racism in host countries Poland and Ukraine. Scan the code for the story.



Los Angeles' Anze Kopitar scores the game-winning goal on Martin Brodeur Wednesday night in Newark, N.J. BRUCE BENNETT/GETTY IMAGES

Kopitar keeps Kings on road to Stanley

NHL. Talented forward gives Los Angeles 1-0 lead in championship final over New Jersey

Game 1

Kings	Devils
2	1

Anze Kopitar scored 8:13 into overtime as the Los Angeles Kings defeated the New Jersey Devils 2-1 to open the Stanley Cup final on Wednesday night.

Justin Williams found Kopitar with a backhand pass from his own blue-line and the Kings star raced in alone, deking Martin Brodeur before slipping it over him.

Los Angeles, the eighth seed in the West, is now 9-0 on the road in the playoffs.

The Kings are also 3-0 in overtime in these playoffs. The Devils are 4-2.

In a tight game without much offence from either side, New Jersey's attack disappeared for long stretches before a sold-out crowd of 17,625.

The Devils had five shots in the first period and just four in the second, but still managed to pull even at 1-1 late in the second period on a deflection off a Kings defenceman.

Los Angeles outshot New Jersey 22-16 in regulation.

For all the talk of Jonathan Quick as the Kings' uberstopper in goal, New Jersey made it easy for him for long stretches. He was there when needed, however.

Brodeur was also sharp in a third period that eventually opened up. Colin Fraser scored in the first for Los Angeles.

Anton Volchenkov replied in the second for the Devils.

Teams winning Game 1 of the final have gone on to win the cup in 55 of 72 seasons (76 per cent) since the league went to the best-of-seven format in 1939.

Boston bucked that trend last season, however.

Game 2 goes Saturday in New Jersey.

It marked the 24th overtime game of the 2012 playoffs and the first Game 1 of the final to go to overtime since 2002, when the visiting Carolina Hurricanes defeated the Detroit Red Wings 3-2.

The game opened to a sea of red-clad fans waving white towels in the Prudential Center stands.

But it proved to be a less colourful start on the ice, with both teams looking to nip the other's offence in the bud.

The first shot of the game took more than three minutes for the Kings to record, after a poor defensive pass behind the Devils net led to a giveaway.

THE CANADIAN PRESS

NHL

Lidstrom to announce if he'll retire or return

Nicklas Lidstrom has made a decision about his future.

The 42-year-old Lidstrom will announce Thursday whether he's retiring or returning to play a 21st season with the Detroit Red Wings.

The four-time Stanley Cup champion and seven-time Norris Trophy winner put retirement on hold in each of the previous two years by signing one-year contracts and answering questions from reporters on a conference call. This time, he's holding a news conference at Joe Louis Arena.

THE ASSOCIATED PRESS

Nicklas Lidstrom
GETTY IMAGES FILE

NBA

Heat hustle back to top Celtics

LeBron James scored 34 points and grabbed 10 rebounds, Dwyane Wade scored 23 and the Miami Heat pulled off the biggest playoff comeback in franchise history to beat the Boston Celtics 115-111 in overtime on Wednesday night.

Mario Chalmers scored 22 for the Heat, who took a 2-0 lead in the Eastern Conference finals despite an unbelievable night by Rajon Rondo. The guard scored 44 points, dishing out 10 assists with eight rebounds.

THE ASSOCIATED PRESS

SAVE UP TO 90% ON THINGS YOU LOVE TO DO IN OTTAWA

SAVING OTTAWA
Big Savings in the Capital

Portion of all sales go to our local charities.
www.savingottawa.ca
facebook/savingottawa twitter/savingottawa

CFL looks back at Grey Cup and 'where it all began'

CFL. League pays tribute to big game's beginnings ahead of 100th showdown

Members the University of Toronto football team pose in replica uniforms at the site of the 1909 Grey Cup on Wednesday. KEITH BEATY/TORSTAR NEWS SERVICE

In 180 days the 100th Grey Cup will be held in Toronto, and the CFL paid tribute Wednesday to the game that became a national event.

The first Grey Cup was played at Toronto's Rosedale Field, and it was remembered with a plaque honouring the 1909 game between the University of Toronto and the Parkdale Canoe Club.

"The Grey Cup is synonymous with Canadian culture and unity, and this is where it all began," CFL commissioner Mark Cohon said.

"Just as Canada has come so very far as a country, the Grey Cup has grown into something bigger than sport. It's a symbol of our ability to come together to celebrate who, and what, we are as Canadians."

Lord Earl Grey, Governor General of Canada, donated the trophy to the U of T after they beat the Parkdale Canoe Club 26-6, in what was then known as the Dominion Championship of Canadian Amateur Rugby Football.

The 1909 game was attended by 3,807 fans.

The 2012 game in Toronto on Nov. 25 is all but sold out and Grey Cup chair and Argos CEO Chris Rudge has said previously that 80,000 tickets could have been sold had there been that many seats at Rogers Centre.

TORSTAR NEWS SERVICE

Getting to 100

The Grey Cup wasn't held for three years during the First World War, which is why this year marks the 100th game.

Tennis. Canada's Wozniak sets up clash with top-seeded Azarenka

Canadian Aleksandra Wozniak defeated China's Zheng Jie 6-2, 6-4 Wednesday to reach the third round of the French Open.

The Blainville, Que., native will face top-seeded Victoria Azarenka in the next round.

Wozniak dominated in a near-flawless first set and overcame a lapse while leading by a break in the second. That miscue was partly caused by a long injury timeout taken by the No. 34-ranked Zheng with Wozniak leading 3-2.

The pause left Wozniak to practise her serve on the court while a doctor and trainer spent at least 10 minutes examining and patching a heel blister on Zheng's left foot.

Aleksandra Wozniak in Paris on Wednesday. GETTY IMAGES

Wozniak managed to get her concentration back when play resumed despite exchanging breaks with her opponent.

"I'm content with this win," said Wozniak. "But the injury time was very long. You cool off a bit when that happens. After she was treated she still moved well, so it was not an easy win.

The Canadian won her last match against Azarenka — albeit at the junior level.

"It will be important to come out and only focus on my own game," said Wozniak. "I can't let her game or anything else bother me. I have to focus on each point and mix it up."

THE CANADIAN PRESS

Venus out of tourney

Venus Williams followed little sister Serena out of the French Open. The elder Williams lost to Agnieszka Radwanska 6-2, 6-3 Wednesday in the second round. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	29	21	.580	—
Tampa Bay	29	22	.569	½
New York	26	23	.531	2½
Toronto	26	24	.520	3
Boston	25	24	.510	3½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	29	22	.569	—
Cleveland	27	23	.540	1½
Detroit	23	26	.469	5
Kansas City	21	28	.429	7
Minnesota	18	32	.360	10½

WEST DIVISION

	W	L	Pct	GB
Texas	31	19	.620	—
Los Angeles	26	25	.510	5½
Oakland	22	29	.431	9½
Seattle	22	30	.423	10

Last night's results
Kansas City 6, Cleveland 3
Chicago White Sox 4, Tampa Bay 3
Minnesota 4, Oakland 0
Baltimore at Toronto
Detroit at Boston,
Seattle at Texas
N.Y. Yankees at L.A. Angels
Tuesday's results
Kansas City 8, Cleveland 2
Toronto 8, Baltimore 6
Chicago White Sox 7, Tampa Bay 2
Boston 6, Detroit 3
Seattle 10, Texas 3
Minnesota 3, Oakland 2
L.A. Angels 5, N.Y. Yankees 1
Tonight's game
All times Eastern
Detroit (Scherzer 4-3) at Boston (Beckett 4-4), 7:10 p.m.
Tomorrow's games
Minnesota at Cleveland, 7:05 p.m.
N.Y. Yankees at Detroit, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Oakland at Kansas City, 8:10 p.m.
Seattle at Chicago White Sox, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Konerko CWS	47	171	31	66	.386
Hamilton Tex	46	178	38	65	.365
Jeter NYY	48	207	27	70	.338
Trumbo LAA	42	151	21	51	.338
AJackson Det	36	136	29	45	.331
Ortiz Bos	49	185	34	59	.319
Fielder Det	49	189	29	60	.317
AdJones Bal	50	202	38	64	.317
Beltre Tex	46	177	27	56	.316
CDavis Bal	44	162	23	51	.315

RBI — Hamilton, Texas, 56; Encarnacion, Toronto, 41; MiCabrera, Detroit, 40; ADunn, Chicago, 37; Butler, Kansas City, 34; NCruz, Texas, 34; AdJones, Baltimore, 34.
HOME RUNS - Hamilton, Texas, 21; ADunn, Chicago, 16; Encarnacion, Toronto, 16; AdJones, Baltimore, 16; Granderson, New York, 15; Reddick, Oakland, 14; Bautista, Toronto, 12.
PITCHING — Darvish, Texas, 7-2; 13 tied at 6.
STRIKEOUTS — Verlander, Detroit, 82; FHernandez, Seattle, 75; Shields, Tampa Bay, 74; Scherzer, Detroit, 72; Sabathia, New York, 69; Darvish, Texas, 66; Haren, Los Angeles, 66.
Last night's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	29	20	.592	—
Miami	28	22	.560	1½
New York	28	22	.560	1½
Atlanta	27	24	.529	3
Philadelphia	26	25	.510	4

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	28	21	.571	—
St. Louis	27	23	.540	1½
Pittsburgh	24	25	.490	4
Houston	22	27	.449	6
Milwaukee	21	28	.429	7
Chicago	18	32	.360	10½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	32	17	.653	—
San Francisco	27	23	.540	5½
Arizona	22	28	.440	10½
Colorado	19	29	.396	12½
San Diego	17	35	.327	16½

Yesterday's results
Chicago Cubs 8, San Diego 6
Cincinnati at Pittsburgh
Philadelphia at N.Y. Mets
St. Louis at Atlanta
Washington at Miam
Houston at Colorado
Milwaukee at L.A. Dodgers
Arizona at San Francisco
Tuesday's results
Chicago Cubs 5, San Diego 3
Cincinnati 8, Pittsburgh 1
N.Y. Mets 6, Philadelphia 3
Atlanta 5, St. Louis 4
Miami 3, Washington 1
Milwaukee 2, L.A. Dodgers 1
San Francisco 3, Arizona 1
Tonight's game
All times Eastern
Houston (Norris 5-1) at Colorado (Guthrie 2-3), 8:40 p.m.
Milwaukee (Greinke 5-2) at L.A. Dodgers (Billingsley 2-3), 10:10 p.m.
Tomorrow's games
Atlanta at Washington, 7:05 p.m.
Miami at Philadelphia, 7:05 p.m.
St. Louis at N.Y. Mets, 7:10 p.m.
Cincinnati at Houston, 8:05 p.m.
Pittsburgh at Milwaukee, 8:10 p.m.
L.A. Dodgers at Colorado, 8:40 p.m.
Arizona at San Diego, 10:05 p.m.
Chicago Cubs at San Francisco, 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
MeCabrera SF	50	205	38	77	.376
DWright NYM	46	165	32	61	.370
Ruiz Phi	44	142	23	52	.366
McCutchen Pit	46	168	28	57	.339
YMolina StL	45	169	25	57	.337
Furcal StL	48	193	35	64	.332
Prado Atl	49	187	31	61	.326
Ethier LAD	48	179	27	58	.324
Votto Cin	49	168	30	54	.321
Infante Mia	43	160	27	51	.319

RBI — Ethier, Los Angeles, 43; Beltran, St. Louis, 41; CGonzalez, Colorado, 37; Stanton, Miami, 37; Braun, Milwaukee, 36; LaRoche, Washington, 35; Freese, St. Louis, 33; HRamirez, Miami, 33.
HOME RUNS - Beltran, St. Louis, 15; Braun, Milwaukee, 14; Kemp, Los Angeles, 12; Stanton, Miami, 12; Bruce, Cincinnati, 11; Pence, Philadelphia, 11; 5 tied at 10.
Yesterday's games not included

TUESDAY

BLUE JAYS 8, ORIOLES 6

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Andino 2b	5	0	1	0	KJhnsn 2b	5	0	0	0
Hardy ss	5	1	1	0	YEscor ss	5	0	0	1
Markks rf	5	0	1	0	Bautist rf	3	1	1	0
AdJons cf	3	3	3	3	Encrnc dh	3	1	0	0
Wieters c	1	0	0	0	Rasms cf	4	1	1	0
RPauln c	3	1	1	0	Arencii c	3	1	0	0
MrRynl 1b	4	0	1	1	Lawrie 3b	4	3	3	3
C.Davis dh	5	1	3	2	Cooper 1b	4	1	2	1
Betemt lf-3b	5	0	0	0	RDavis lf	4	0	3	2
Tollesn 3b	3	0	1	0					
EnChvz ph-lf	1	0	0	0					
Totals	**40**	**6**	**12**	**6**	**Totals**		**35**	**8**	**10** **7**

Baltimore					**010**	**003**	**002**	**—6**	
Toronto					**002**	**330**	**00x**	**—8**	

E—Betemit (8), Ad.Jones (3), Arrieta (3), Rasmus (2). LOB—Baltimore 11, Toronto 6. 2B—Markakis (13), R.Paulino (2), Bautista (6), Rasmus (10), Lawrie (6). HR—Ad.Jones 2 (16), C.Davis (9). SB—En.Chavez (1).

	IP	H	R	ER	BB	SO
Baltimore						
Arrieta L,2-6	4 1-3	6	7	6	3	5
Mi.Gonzalez	3 1-3	4	1	1	0	5
Ayala	1-3	0	0	0	0	0
Toronto						
R.Romero W,6-1	6	6	4	4	1	7
Frasor	1	2	0	0	1	2
Oliver	1-3	2	0	0	0	1
Cordero H,5	2-3	0	0	0	0	1
Janssen	1	2	2	2	1	0

HBP—by R.Romero (Wieters).
T—3:11. A—17,352 (49,260).

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CLEVELAND INDIANS — Placed DH Travis Hafner on the 15-day DL, retroactive to May 24. Recalled LHP Scott Barnes from Columbus (IL).

NATIONAL LEAGUE

NEW YORK METS — Recalled INF Jordany Valdespin from Buffalo (IL). Placed INF Ronny Cedeno on the 15-day DL, retroactive to May 27.

NFL

ARIZONA CARDINALS — Signed WR Gino Crump. Released CB Korey Lindsey.
BUFFALO BILLS — Signed WR Derek Session. Released OL Paul Madsen.
GREEN BAY PACKERS — Signed TE Brandon Bostick.
MINNESOTA VIKINGS — Announced the retirement of CB Asher Allen.
TAMPA BUCCANEERS — Named Eric Stokes director of college scouting.

CFL

WINNIPEG BLUE BOMBERS — Signed OL Tyson Pencer.

NHL

MONTREAL CANADIENS — Signed D Nathan Beaulieu to a three-year contract.
NEW YORK RANGERS — Agreed to terms with F Jesper Fast and F Marek Hrivik.
VANCOUVER CANUCKS — Signed C Alex Friesen to a three-year, entry-level contract.
WASHINGTON CAPITALS — Re-signed G Dany Sabourin to a one-year contract extension.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series)
Last night's result
Los Angeles at New Jersey
Saturday's game
All times Eastern
Los Angeles at New Jersey, 8 p.m.
Monday's game
New Jersey at Los Angeles, 8 p.m.
Wednesday, June 6
New Jersey at Los Angeles, 8 p.m.
Saturday, June 9
x-Los Angeles at New Jersey, 8 p.m.
Monday, June 11
x-New Jersey at Los Angeles, 8 p.m.
Wednesday, June 13
x-Los Angeles at New Jersey, 8 p.m.
x — if necessary.

SCORING LEADERS

	G	A	PT
Kovalchuk, NJ	7	11	18
Giroux, Pha	8	9	17
D.Brown, LA	7	9	16
Kopitar, LA	6	9	15
B.Richards, NYR	6	9	15
Parise, NJ	7	7	14
Briere, Pha	8	5	13
Zajac, NJ	7	5	12
Girardi, NYR	3	9	12
Gaborik, NYR	5	6	11
M.Richards, LA	4	7	11
Henrique, NJ	3	8	11
Salvador, NJ	3	8	11
J.Williams, LA	2	9	11
Callahan, NYR	6	4	10
McDonald, StL	5	5	10
Vermette, Phx	5	5	10
Anisimov, NYR	3	7	10
Clarkson, NJ	3	7	10
Penner, LA	3	7	10
Del Zotto, NYR	2	8	10
Doughty, LA	2	8	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
Doan, Phx	5	4	9
Ovechkin, Wash	5	4	9
J.Carter, LA	4	5	9
B.Schenn, Pha	3	6	9

Not including last night's game

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C.	15	8	4	3	28	19	27
New York	13	8	3	3	26	18	26
Kansas City	12	8	3	1	17	10	25
Chicago	12	5	4	3	15	15	18
Columbus	12	5	4	3	13	13	18
Houston	11	4	3	4	12	12	16
New England	12	4	7	1	16	18	13
Montreal	13	3	7	3	15	21	12
Philadelphia	11	2	7	2	8	14	8
Toronto	10	1	9	0	8	21	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Salt Lake	14	9	3	2	22	14	29
San Jose	14	8	3	3	27	17	27
Seattle	13	7	3	3	16	9	24
Vancouver	12	5	3	4	13	14	19
Colorado	13	6	6	1	20	18	19
Chivas USA	13	4	6	3	9	14	15
Portland	12	3	5	4	12	15	13
Dallas	15	3	8	4	15	24	13
Los Angeles	13	3	8	2	15	21	11

Saturday's game
All times Eastern
Chicago at New England, 7:30 p.m.
Sunday's game
Houston at Vancouver, 7 p.m.

TENNIS

ATP-WTA

FRENCH OPEN

At Paris
Men
Singles
Second Round
Novak Djokovic (1), Serbia, def. Blaz Kavcic, Slovenia, 6-0, 6-4, 6-4.
Juan Martin del Potro (9), Argentina, def. Edouard Roger-Vasselin, France, 6-7 (5), 7-6 (3), 6-4, 6-4.
Roger Federer (3), Switzerland, def. Adrian Ungur, Romania, 6-3, 6-2, 6-7 (6), 6-3.
Nicolas Devilder, France, def. Michael Berrer, Germany, 7-6 (5), 6-4, 6-2.
Andreas Seppi (22), Italy, def. Mikhail Kukushkin, Kazakhstan, 6-7 (5), 6-2, 2-6, 6-1, 6-2.
Marin Cilic (21), Croatia, def. Juan Carlos Ferrero, Spain, 7-6 (4), 6-2, 6-3.
Tomas Berdych (7), Czech Republic, def. Michael Llodra, France, 6-2, 6-3, 6-3.
Kevin Anderson (31), South Africa, def. Horacio Zeballos, Argentina, 6-3, 3-6, 6-3, 6-0.
Gilles Simon (11), France, def. Brian Baker, United States, 6-4, 6-1, 6-7 (4), 1-6, 6-0.
Fernando Verdasco (14), Spain, def. Gilles Muller, Luxembourg, 6-7 (5), 6-3, 6-2, 6-2.
Stanislas Wawrinka (18), Switzerland, def. Pablo Andujar, Spain, 7-6 (3), 6-7 (4), 6-2, 6-1.
Lukasz Kubot, Poland, def. Florent Serra, France, 7-6 (0), 6-2, 7-6 (4).
Nicolas Mahut, France, def. Martin Klizan, Slovakia, 4-6, 6-4, 7-6 (5), 6-3.
Women
Second Round
Victoria Azarenka (1), Belarus, def. Dinah Pfizenmaier, Germany, 6-1, 6-1.
Dominika Cibulkova (15), Slovakia, def. Vania King, United States, 6-0, 6-2.
Sam Stosur (6), Australia, def. Irina Falconi, United States, 6-1, 6-4.
Aleksandra Wozniak, Blainville, Que., def. Zheng Jie (31), China, 6-2, 6-4.
Sara Errani (21), Italy, def. Melanie Oudin, United States, 6-2, 6-3.
Mathilde Johansson, France, def. Petra Cetkovska (24), Czech Republic, 7-6 (1), 6-2.
Anabel Medina Garrigues (29), Spain, def. Irena Pavlovic, France, 6-3, 6-2.
Maria Jose Martinez Sanchez, Spain, def. Lucie Safarova (20), Czech Republic, 6-4, 7-5.
Nadia Petrova (27), Russia, def. Chanelle Scheepers, South Africa, 6-3, 6-3.
Ana Ivanovic (13), Serbia, def. Shahar Peer, Israel, 6-2, 6-2.
Svetlana Kuznetsova (26), Russia, def. Chan Yung-jan, Taiwan, 6-4, 7-6 (4).
Sloane Stephens, United States, def. Bethanie Mattek-Sands, United States, 6-1, 6-1.
Petra Martic, Croatia, def. Marion Bartoli (8), France, 6-2, 3-6, 6-3.
Flavia Pennetta (18), Italy, def. Alexa Glatch, United States, 6-3, 6-1.
Agnieszka Radwanska (3), Poland, def. Venus Williams, United States, 6-2, 6-3.
Doubles
Men — First Round
Bjorn Phau, Germany, and **Adil Shamasdin, Pickering, Ont.**, def. Pierre-Hugues Herbert and Albano Olivetti, France, 3-6, 7-5, 6-1.
Max Mirnyi, Belarus, and **Daniel Nestor (1), Toronto, Ont.**, def. Robin Haase, Netherlands, and Jarkko Nieminen, Finland, 6-3, 6-4.
Women — First Round
Simona Halep, Romania, and **Aleksandra Wozniak, Blainville, Que.**, def. Alexandra Cadantu, Romania, and Anne Keothavong, Britain, 6-2, 6-3.

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (2) VS. BOSTON (4)
(Miami leads 1-0)
Last night's result
Boston at Miami
Monday's result
Miami 93 Boston 79
Tomorrow's game
All times Eastern
Miami at Boston, 8:30 p.m.
Sunday's game
Miami at Boston, 8:30 p.m.
Tuesday, June 5
x-Boston at Miami, 8:30 p.m.
Thursday, June 7
x-Miami at Boston, 8:30 p.m.
Saturday, June 9
x-Boston at Miami, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) V. OKLAHOMA CITY (2)
(San Antonio leads 2-0)
Tuesday's result
San Antonio 120 Oklahoma City 111
Tonight's game
All times Eastern
San Antonio at Oklahoma City, 9 p.m.
Saturday's game
San Antonio at Oklahoma City, 8:30 p.m.
Monday, June 4
x-Oklahoma City at San Antonio, 9 p.m.
Wednesday, June 6
x-San Antonio at Oklahoma City, 9 p.m.
Friday, June 8
x-Oklahoma City at San Antonio, 9 p.m.
x — if necessary.

DRAFT ORDER

First Round
1. New Orleans
2. Charlotte
3. Washington
4. Cleveland
5. Sacramento
6. Portland (from Brooklyn)
7. Golden State
8. Toronto
9. Detroit
10. New Orleans (from Minnesota via LA Clippers)
11. Portland
12. Milwaukee
13. Phoenix
14. Houston
15. Philadelphia
16. Houston (from New York)
17. Dallas
18. Minnesota (from Utah)
19. Orlando
20. Denver
21. Boston
22. Boston (from LA Clippers via Oklahoma City)
23. Atlanta
24. Cleveland (from LA Lakers)
25. Memphis

HOCKEY

AHL PLAYOFFS

CALDER CUP FINAL

(Best-of-7 series)
NORFOLK VS. TORONTO
Tomorrow's game
Toronto at Norfolk, 7:30 p.m.
Saturday's game
Toronto at Norfolk, 7:15 p.m.
Thursday, June 7
Norfolk at **Toronto**, 7 p.m.
Saturday, June 9
Norfolk at **Toronto**, 3 p.m.

Roger Clemens, centre, and his legal team arrive at federal court in Washington on Wednesday. SUSAN WALSH/THE ASSOCIATED PRESS

Clemens' defence turns to former Jays catcher

Roger Clemens' former catcher with the Toronto Blue Jays testified Wednesday that he had seen vitamin B12 "shots lined up ready to go" for players, a claim also made by Clemens and for which he was charged with obstructing Congress.

Clemens is charged with obstruction of Congress, perjury and making false statements for denying to Congress in 2008 that he ever used steroids or human growth hormone. The obstruction count contains 13 allegedly false statements, including Clemens' assertion in his congressional deposition that "four or five needles" of vitamin B12 would be "already lined up ready to go" after games. The U.S. government maintains that Clemens concocted the B12 account as a cover for steroid injections.

Prosecutors have asked several government witnesses associated with major-league teams whether they've ever seen B12 shots lined up, and all of them have said no. But on Thursday, the first full day of defence witnesses, former catcher Charlie O'Brien replied "Yes, sir" when defence lawyer Rusty Hardin posed the question.

O'Brien, who played with Clemens in 1997, also said the secret to the pitcher's longevity was a split-fingered fastball, testimony designed to counter the government's theory that Clemens was able to pitch into his mid-40s because of performance-enhancing drugs.

THE ASSOCIATED PRESS

Quoted

"I've yet to see anybody work like Roger Clemens."

Clemens' former Texas high school teammate and defence witness Todd Howey

NBA

Hornets land first pick in lottery

The New Orleans Hornets, recently sold by the NBA to Saints owner Tom Benson, won the NBA's draft lottery and the No. 1 pick overall on Wednesday night.

The Hornets have a shot to select a potential star forward in Kentucky's Anthony Davis, considered the best player available.

The Charlotte Bobcats, after the worst season in NBA history, fell to No. 2. Washington will pick third and Cleveland fell one spot to fourth. The Toronto Raptors will pick eighth. THE ASSOCIATED PRESS

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

metro

CLASSIFIEDS

TO ADVERTISE, CALL: 1 800 527-6767

HELP WANTED

Business Opportunities

Need Extra Income?
Turn **5 - 15** hours a week into **$1000 to $5000 +**/month on your computer.
Free online training. Flexible hours.
www.toyourgoodhealth.net

NOW HIRING SECURITY GUARDS
Up to $18/hr
No Experience Required
Employment Services
Ottawa: (613) 238-1812

RENTALS

Rooms Furnished

Available Immediately for mature female student **$475** monthly. Everything Included No parking, pets, internet or smokers.
613-820-6582

MERCHANDISE

Merchandise for Sale

Dark blue **Diamondback BMX Bike** for sale.
Used a few times.
613-889-5952
$75.00

SERVICES

Financial

Need Ca$h Today?
Loans up to $10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Apartments Unfurnished

Residential Rentals
Strathcona - Built in 1927 to be Ottawa's finest address, Strathcona boasted underground parking and a choice residential location in Sandy Hill.
Please contact for rental availability

ANDREX
www.andrex.ca
Tel: (613)238-1835

Computer/Technical

Ottawa Web Media
From Local To Global
Watch U.S. TV
End the message
"Not available where you live"
Get 1000's more Netflix movies
-FREE Home Demonstration-
All info on our website:
www.ottawawebmedia.com
info@ottawawebmedia.com
613-845-0077
613-762-4110

follow us
like us
metro

Apartments Unfurnished

HOUSEHOLD SERVICES

General Services

COMPLETE Bathroom Renovation
$4,800 + HST
New Tub & Tiles, Toilet, Ceramic Floor, Vanity Cabinet & Sink, Mirror & Faucets (Demo & Prep included)
Certain Conditions Apply
S & S Home Renovations
613 291-0928 sshr123@rogers.com

High Definition Window Cleaning
• Student owned & operated •
• Fully licensed & insured • Over 3 years experience • Interior & exterior window cleaning, vinyl siding & eavesthrough flush
Call 314-3431 for a free estimate!

M.J.M. VACUUMS
1061 Merivale Rd., Ottawa
Call John at: **613-724-4777**
Central vacuums starting at
$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com

like us
metro

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro.
News worth sharing.

SELL YOUR STUFF FOR FREE in the classifieds!
Call 1-800-527-6767 to place your free ad!
Limit 2 per week • Size 1.535" X .542"

Brought to you by:

The Flea Market
at Rideau Carleton Raceway
EVERY SUNDAY
Now the LARGEST FLEA MARKET in the region!

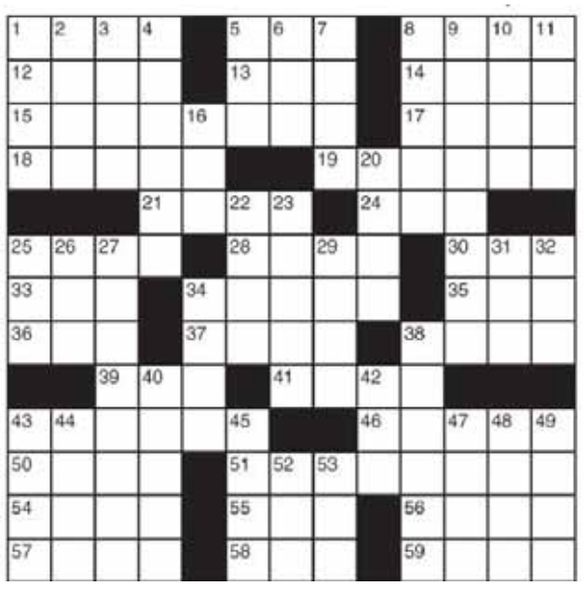
On-Site **STORAGE** available!
Come for **BRUNCH** and **SHOP** the Market!
For more information or to Register as a Vendor,
WWW.RCRFLEAMARKET.COM
613-749-0483 613-822-2211
4837 Albion Rd. Ottawa Ontario K1X 1A3

1 Yard Work Spindle Hand Mower $ 25 1 Gardena Spindle Hand Mower $ 50 One 24V Cordless Electric Mower $ 100 Call 613-834-2994	2 Recliners 1 grey in color 1 brick in color Never used. $100 Each 613-596-0255	6 Ft Couch and Chair with Wood Trim Pinstripe Burgandy / Beige $150 613-592-3036	**Black & Decker Lawn Mower (Electric)** **$85** **613-232-9722**	IKEA SOFA BED -Double $100.00 Excellent condition 613-596-0255	Seal Skin (leather) for sale 6ft long Good for crafting $125 OBO (613)789-0793
14 ft Pontoon for sale $1500 Call 613-253-8436	3 Seater Couch Beige / Brown $100 Glass Top Table $50.00 613-592-3036	•Aluminum Portable Car Shelter For 2 Cars. 30 x 10 **$500.00** •Used Slot Walls $15 per sheet 4' by 8' 613-749-8509	BOOKS $ 6 EACH Make It Yourself The complete step by step library of needlework and craft. 613-565-2974	**LARGE CAST IRON PARROT CAGE WITH STAND (black in color)** **$150** **613-746-1609**	Small Maple dining room table Excellent condition $75.00 613-596-0255
2 - 100% Italian Leather Sofas **8 Mths old, tan in color** **Paid $3500,FAST SALE $800/both** **(613)232-9722**	• 4 draw dresser Dark Brown $100 • 3 draw dresser $75 • Dresser with mirror & stool $150 613-592-3036	**Authentic Designer Sunglasses** **Chanel and Dior** **$140** **(613)298-8088**	BOOKS $ 6 EACH The Art of Aging by Evelyn Mandey 280 questions you have always wanted to ask your doctor - *613-565-2974*	Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	TREADMILL WANTED Good condition and reasonably priced. **613-226-5198**
2 Fortress 3 wheeler Scooters In A1 condition 1 is $1000 and 1 is $600 Please call 613-565-0704	45 Eric Lindros hockey cards late 80's early 90's Value was $180 Selling entire lot for $75 6137496629 Ned	Authentic Dolce and GabbanaSunglasses Woman's Made in Italy $100 (613)600-6353	Elliptical Trainer Used only 2 times Practically NEW Call for best offer (613)858-5196	Restonic Custom Mattress and prescription King Cole boxspring (twin size) $40.00 for set 613-253-6195	Under Car Repair Trolley $25 613-733-2289

Crossword

Across
1 Related
5 Copper head?
8 Daytime TV entry
12 Last few notes
13 Trigger's rider
14 Data
15 Battling at close range
17 Infamous lyrist
18 Most of Iberia
19 Hippocratic oath reciter
21 Seductress
24 Zodiac sign
25 Ocean motion
28 Baseball nickname
30 Sphere
33 Historic time
34 Smiles
35 Ultramodernist
36 Susan of "L.A. Law"
37 Ice-skating leap
38 Group of quail
39 Pinnacle
41 Unit of force
43 Sandpiper's cousin
46 Match
50 Take on cargo
51 Queued in a way
54 Muscat's land
55 Perfume-label word
56 Actress Dunaway
57 Methods
58 Turn blue?
59 Pal of Kukla and Ollie

Down
1 Gospels' follow-up
2 Former surgeon general
3 Notion
4 Indigenous
5 Illustrations
6 Greet the villain
7 Kept tabs on
8 From then on
9 Pairing off uniquely
10 Hairstyle
11 Indigent
16 — budget
20 Automaker Ransom Eli
22 "You Bet Your Life" host
23 Got nosy
25 Williams or Koppel
26 Anger
27 Ordinary
29 Sans siblings
31 Gun the engine
32 Tarzan's son
34 Yawn
38 Ask to be excused
40 They take the cake
42 Singer Cole
43 Farm implement
44 Tibetan monk
45 Sax player's need
47 Caboose's location
48 One-name New Age singer
49 Paradise
52 Aye canceler
53 Payable



Sudoku

6					3		2	
			7	4			5	
	8		6					7
	9	5		3				
1			4		6			9
				1		2	4	
7					8		1	
	3			7	1			
	2		3					6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	6	8	4	3	2	7	9	1
2	7	9	5	6	1	4	3	8
4	1	3	8	7	9	6	5	2
6	5	4	2	8	7	9	1	3
9	2	7	1	5	3	8	4	6
8	3	1	9	4	6	5	2	7
7	9	6	3	1	4	2	8	5
3	4	5	6	2	8	1	7	9
1	8	2	7	9	5	3	6	4

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

MA OI. ALCBV BWZMBWB DL XWZLOW V QWD EMULD, M FRWII PLR OMFJD IVP IJW'B XW V EUVCW QVCW.

Yesterday's Cryptoquip: SINCE I WAS LEGALLY ORDERED TO KEEP DRY, I AM TAKING PART IN A WETNESS PROTECTION PROGRAM.

Today's Cryptoquip Clue: I equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Someone you meet on your travels will tell you something interesting. It may sound a bit harsh but you know the truth when you hear it, so listen, learn and then act.

Taurus | April 21 - May 21. What happens today will awaken your sense of injustice and compel you to take action.

Gemini | May 22 - June 20. Don't worry about other people's feelings: if you have something to say then you must come out with it right away.

Cancer | June 21 - July 22. Sometimes conflict is inevitable and that is the way of things now.

Leo | July 23 - Aug. 22. With mind planet Mercury strongly aspected you won't doubt for a moment that you are doing the right thing.

Virgo | Aug. 23 - Sept. 22. You won't be shy about letting the world know what you think today.

Libra | Sept. 23 - Oct. 22. Cosmic activity in one of the more dynamic areas of your chart, which endows you with no small amount of courage, so don't sit there and take criticism that isn't warranted – go on the offensive.

Scorpio | Oct. 23 - Nov. 21. If you want something done you can, of course, do it yourself, but you can just as easily persuade others to do the work for you.

Sagittarius | Nov. 22 - Dec. 21. Trust your instincts today and follow them wherever they might lead.

Capricorn | Dec. 22 - Jan 20. It's all about attitude: if you believe you can reach your goal you will find a way.

Aquarius | Jan. 21 - Feb 18. The best way to avoid trouble is to think before you act – but how likely is that when you feel so adventurous?

Pisces | Feb. 19 - March 20. You may not take kindly to others telling you how to do things but if you are smart you will listen.

SALLY BROMPTON

Caption Contest

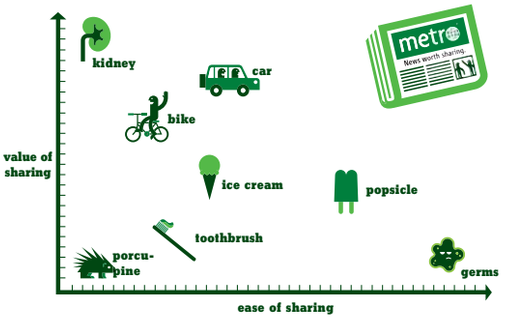
"This is the hardest game of Simon says ever."
Sameer

ERMINO ARMINO/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



MAY MADNESS
CRAZY DEALS EVERY TUESDAY & THURSDAY | TODAY'S DEAL
Save $50^
on any Air Canada roundtrip airfare. Valid today only!
FLIGHT CENTRE Unbeatable
1 866 720 4853
flightcentre.ca

Conditions apply. ^Offer is valid at Flight Centre locations in Canada. Limit one (1) discount per person. Airfare must be roundtrip and originating in Canada. Offer is not combinable with any other offer or discount. Valid on new bookings only. Not valid on bookings made at www.flightcentre.ca. Not valid on charter airfares with Air Canada Vacations. Not valid on children and infant rates. Booking must be made and paid in full on May 31, 2012. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

JOIN THE TOP 1%!

ONLY THE BEST HAIRSTYLISTS NEED APPLY

- 2 POSITIONS AVAILABLE
- ESTABLISHED SALON
- LOCATED IN THE MOST UP AND COMING NEIGHBORHOOD IN OTTAWA
- INVOLVED IN INTERNATIONAL TRAINING EVENTS
- OFFERS DEVELOPMENTAL OPPORTUNITIES
- 1 FREE STAFF PARKING AVAILABLE

IF ***YOU*** HAVE A CLIENTELE AND SEEK A MORE ARTISTICALLY INSPIRED ENVIRONMENT...

CALL: 613-866-6096

(INTERVIEWS JUNE 5-12, 2012)

Pocket Tank and Running Shorts

Meet Leore.

A mix of Moroccan, Israeli, Swedish and Italian, she was first spotted by one of our former creative employees in a Southern California surf shop. She's athletic and exotic, and we've loved photographing her unique look ever since. She is wearing the Le New Big Pocket tank and Running Shorts.

Retail Locations:

Ottawa—Rideau Centre
Rideau Centre Mall
Tel. (613) 237-2297

Ottawa—Westboro
400 Richmond Rd.
Tel. (613) 715-9050

To learn more about our company, to shop online, and to find all store locations, visit our web site.

American Apparel®

Canadian Inspired
Made in USA—Sweatshop Free
americanapparel.net